

REAL LIFE: 'THE DAY I BECAME AN INTERNET MEME'

# GRAZIA

R22

14 October 2015 graziadaily.co.za

**KENDALL VS KYLIE:**

## THE REBEL & THE WRITE-OFF

Drugs and violence  
tearing them apart



**TREVOR NOAH**  
CAN HE  
REALLY WIN  
OVER THE US?



**OMG!**  
COURTENEY  
COX'S  
PRE-WEDDING  
SURGERY BINGE

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# LADIES, ENJOY A HEARTY OMG-I- CAN'T-BREATHE LAUGH ON US.

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# GRAZIA



October 14 2015

I am standing in for Kerrie while she's on maternity leave (her baby is due any day now), and it's a pleasure to be part of this team.

I live in Cape Town, but I'll be based in Joburg until early next year – and as I write this I feel like I'm in a different country. The Mother City is still cool and damp, but Jozi, sweltering in a mother of a heatwave, seems to have skipped spring and gone straight to tropical.

Which is why it's great to be at the forefront of what to wear as summer comes roaring in. Capetonians have yet to stash away their sweaters, but Joburgers are all about little dresses, sleeveless tops and sandals. I wasn't feeling quite ready to bare my pasty limbs just yet, but I had to get over myself fast. Melting is no fun, I tell you.

There's plenty of inspiration in this week's issue – and don't worry, Mother City readers, your time in the sun will come...

Fashion and beauty aside, you must read the first-person account of how an expectant Maritzburg boy became an internet meme (see pg 30). He and his fiancée posted a picture announcing their pregnancy with him (as a joke) looking less than thrilled – and in no time it had gone viral and the trolls were spewing their poison.

The internet is an incredible invention, but lurking in cyberspace are people waiting to bring others down. Feelings be damned. Scary.

Until next week, when we bring you our bumper fragrance issue – don't miss it!

Nicola

TWITTER.COM/@nikwhitfield  
INSTAGRAM.COM/nicolawhitfield

## THIS WEEK ON THE WEB

### SHOP

Shop our serious shoe crushes and on trend must-haves – bags, heels and fab dresses – all at the Grazia Shop at [Graziadaily.co.za](http://Graziadaily.co.za).



R299, **Style Republic** at [Graziadaily.co.za](http://Graziadaily.co.za)



### FOLLOW US...

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### BE PART OF OUR FASHION JURY

Visit Facebook/GraziaSA for our fashion jury every Wednesday and don't miss our favourite looks of the day.



SELENA GOMEZ



TREVOR NOAH

### ONLINE THIS WEEK

Make sure to head on over to [Graziadaily.co.za](http://Graziadaily.co.za) to stay up-to-date with the latest breaking celeb news.

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# THE FASHION CHARTS

For new-season UPDATES and PRINTS to own now, look no further than this week's TOP TEN PICKS

YES, EVERY ITEM FEATURED IN GRAZIA IS AVAILABLE THIS WEEK!



1

## PLAY TIME

Keep summer bright and breezy with a kaftan from Colleen Eitzen's new range, R845.



2

## FLIRTY FLORAL

Bob a curtsy in a whimsical, 60s-inspired, floral-print skirt. Suzanne Betro at [Graziadaily.co.za](http://Graziadaily.co.za), R245.



3

## NECK TIE

Finish off your ensemble with a mod leather-and-stone necklace. Marni at [Brownsfashion.com](http://Brownsfashion.com), R9 040.



4

## TRUE BLUE

Add a cool retro vibe to your look with a pair of round shades. Mr Price, R50.

ONLY R50!





5

**SUNNY D**

Opt for a cheerful sunshine-yellow lace blouse to add some colour to your look. Zara, R379.



6

**GET SADDLED**

Bag this season's gotta-have style star. Luella, R599.



8

**DIGITAL LOVE**

A simple shift dress is made contemporary with a digital palm print. We love! Ackermans, R100.

9

**PRINTS CHARMING**

Take floral print to the next level with this waterfall jacket. Foschini, R499.



7

**NEW DROPS**

Adorn your ears with a pair of brightly coloured earrings. Style Republic at Graziadaily.co.za, R119.



SHOP THIS ITEM ONLINE AT GRAZIADAILY.CO.ZA  
ADD TO CART

10

**COURTING**

These classic courts, part of the BCBGeneration designer range at Edgars, R1 199, have just landed in SA!



IT WAS  
THE WEEK  
THAT...



## Zuma snubbed Obama

When the so-called leader of the free world approaches you and you're on the phone, surely your response would be to tell the person on the other line you'll call back – but not our president. A photo of US president Barack Obama greeting a nattering SA president Jacob Zuma at a luncheon hosted by UN secretary-general Ban Ki-moon in NY went viral. At least Obama saw the funny side...



## Word of the week

### MAN INTERRUPTING

The unnecessary interruption of a woman by a man. Think Kanye West grabbing Taylor Swift's mic at the VMAs.



### AKA ATE HUMBLE PIE

In an interview for MTV Base Africa, rapper AKA finally broke his silence regarding the allegations that he cheated on DJ Zinhle with Bonang Matheba. AKA said: "I feel like I have made choices that have put me before her, before my child and before my family. I would like to apologise to Zinhle, her fans, her family and my family." While he didn't confirm or deny the alleged affair, he did say, "Myself and Bonang have never been in a relationship." Okay, then.



## Overheard

'I think women, once they hit 40, shouldn't put their hair up again until they're 60. They should just leave it down' – Sofia Vergara



## There was another shooting in the USA

Ten people were killed when a gunman opened fire at a community college in Oregon, prompting US president Barack Obama to plead for more gun control in his trigger-happy nation. The killer, identified as 26-year-old Chris Harper-Mercer, came armed with three pistols, a rifle, body armour and a large amount of ammunition, and apparently targeted Christians. He was shot dead by authorities. "He appeared to be very filled with hate," one source said.

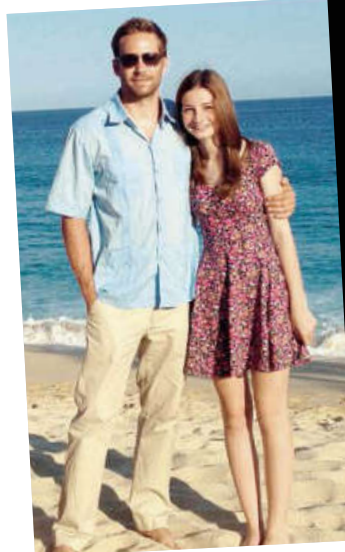


## WATER WAS FOUND ON MARS

For years, Nasa has been pondering what the enigmatic dark streaks lining the inner and outer faces of craters on the surface of the red planet could be. The mystery was finally solved last week, when the space agency revealed that the streaks are evidence of flowing water. This further supports the theory that Mars was home to rivers and oceans billions of years ago.

# 12%

How much eating a little chocolate per day can increase your productivity and happiness, according to a new study.  
Hooray!



## PAUL WALKER'S DAUGHTER TOOK ON PORSCHE

Meadow Walker has filed a wrongful-death lawsuit against Porsche, claiming her father would still be alive if the Porsche Carrera GT had proper safety features installed. According to the 16-year-old's lawyers, the car, "Lacked features that could have prevented the accident or, at a least, allowed Paul Walker to survive." Porsche have denied responsibility.



# 'Hey girl, wanna braid my hair?'

Wilmarie van der Merwe explains why she's saying *no* to the man braid

*Other guys who've embraced the man braid*

**WITH THE RUGBY WORLD CUP** now, there's a fair smattering of eye candy among the cauliflower-eared brutes rucking and mauling their way to William Webb Ellis glory.

My personal favourite? Victor Matfield. But when his beefy bod filled the screen the other day, my crush-betraying sigh was met with surprise from my best friend. "Really? I never pictured you liking a guy with long hair."

"I don't," I said, "but he could totally work a man bun." Words I never thought I'd say.

I loathed the man bun at first – more specifically, I loathed Jared Leto for popularising the look. But then I kind of got over it. Hey, it works for some guys and not for others, hence the Victor comment above.

But this week, things in the man-hair department went too darn far. Again, Jared Leto is involved. And I am not impressed, Jared – not impressed at all. At the Golden Globes earlier this year, he sported a man braid, and women the world over swooned. (I blame the eyes.) I laughed it off with a dismissive "only Jared Leto could wear a braid and make it look good" and thought that was pretty much that. Well, nine months down the line I am not laughing anymore, because here's the problem: Jared's man braid is now officially a thing.



Nope. Nee. Hayibo. ¡Nca! How many languages will it take to prove my distaste? While I am all for embracing new trends, I am also a firm

believer that not all trends need to be embraced. For example, I love the mermaid hair trend – I think it looks incredible on some women. But then you get that one person who has every colour of the rainbow in her hair. So as you can see, my dilemma lies with how far people take a trend.

What started with a tweak in a long-haired do for Jared has resulted in a braid crown and, gulp, even plaited pigtails for gents. Google it. No, seriously – you'll know what I mean when I say I'm putting my foot down on this one. I accepted the man bun because its versatility can work with Victor's rugged sexiness as well as Jared's groomed charm, but things have now gone too far.

Don't get me wrong: it's not an issue about the fluidity of masculinity or femininity. Not at all. It's just that, "Hey girl, let's braid each other's hair," is not something that tickles my fancy. ■

## Harry Styles

He may be a cutie, but his penchant for a plait makes him head in One Direction – and that's down.



## Derek Hough

Dancer, singer, actor, songwriter, man-braid fan...



## Casper Nyovest

He's been seen breaking out a braid too – proof the trend is spreading across the globe. Sadly.



## Snoop Dogg

The Dogg loves a pigtail – and often one isn't enough.



HOW DO YOU FEEL ABOUT MEN WITH BRAIDS? TELL US BY EMAILING US AT [GRAZIA@GRAZIA.COM](mailto:GRAZIA@GRAZIA.COM)



*This week, who we LOVE, want TO TWEET, and, yes, even ACTUALLY BE...*

# CHART OF LUST



## 1 DOWN Kim Kardashian

You have to feel for those shoes... Far be it for us to tell anyone what to do, but may we suggest something a little more comfy, Kim? Your feet will thank you for it. Trust us.



## 2 NON-MOVER Amal Clooney

She may have it all – beauty, brains and George – but she's still human. A night out on the town this week revealed a very ordinary problem: bunions. See? She's just like us – warts and all.



## 3 NON-MOVER Cindy Crawford

She allowed her daughter to become a model at 14, but Kaia still disses her for “using too many hashtags” on social media. Proof that moms can't win.



## 4 DOWN Grace Jones

You can't keep a diva down. Or covered up. Ms Jones may be 67, but she still loves getting her puppies out – which is what she did at her book signing.



## 5 DOWN Miley Cyrus

She called Leo DiCaprio out for hogging an e-ciggie backstage during *Saturday Night Live's* 40th anniversary show. As you do.



## 6 UP Pam Anderson

The *Baywatch* babe's comeback trail was upped a notch when she became *FHM's* oldest cover star ever – at 48.



## 7 UP Jennifer Lawrence

She managed to stuff ten marshmallows in her mouth during a challenge with MTV's Josh Horowitz. She's nothing if not game, is Jen.



## 8 DOWN Tom Cruise

He was a no-show at daughter Isabella's wedding to British IT consultant Max Parker. Tom has never met Max, who is not a Scientologist. Meanwhile, it's been two years and counting since Tom has seen Suri...



## 9 UP Ellen DeGeneres

North West has a new bestie. While Kim Kardashian was preparing for an appearance on Ellen's show, her daughter was playing My Little Pony with the talk-show host. Cue cuteness overload!



## 10 UP Katy Perry

She kept her cool when a fan she'd called on stage during her Rio concert draped herself all over Katy and copped a feel. Katy thought she was “rolling”, but the fan says she was sober. Just excited.







# Kendall and Kylie: **SISTERS AT WAR**

One's a catwalk rebel with plenty of issues, the other is on her way to becoming a write-off if she isn't careful. *Grazia* delves into the wedge driving Kendall and Kylie Jenner apart – and looks at whether their relationship is damaged beyond repair

**THEY'RE FEWER THAN TWO YEARS** apart in age and used to be as close as sisters can be. But Kendall and Kylie Jenner haven't been seen together in months, reigniting rumours that they've fallen out – big time.

From Kendall's modelling career consuming all her time, to Kylie going down a very dangerous path, it seems the young women are headed in different directions. And drugs, jealousy, violent behaviour and diva antics are at the heart of what's tearing them apart.

## GREEN-EYED MONSTER

Things first became tense between Kendall, 19, and Kylie, 18, when

Kendall's modelling career kicked off.

"Kendall has an insane career and is making an insane amount of money," a source revealed at the time. "Kylie thinks she should be more famous and believes Kendall's fame is making her arrogant. She feels Kendall has turned her back on her. They're more like strangers than sisters these days."

Their feud intensified last month, when the tables were turned – Kylie featured in brother-in-law Kanye West's Yeezus collection reveal at New York Fashion Week, while Kendall was forced to sit in the second row.

"Kylie was not feeling too confident before the show – she was uncomfortable with the outfit Kanye had chosen for her," a second source said. "Kendall came over and thought she'd give Kylie a few modelling tips, which rubbed up Kylie the wrong way."

"She exploded, calling Kendall a know-it-all and telling her to back off. The whole place fell silent. Kylie went on, sniping that Kendall was only there to mess with her head. Kylie accused Kendall of being jealous and trying to keep her out of modelling. Kendall tried to hold back, but eventually she told Kylie to grow up and stormed off."

Although Kendall's success seems to be a big part of why the girls aren't seeing eye to eye, their estrangement goes a lot deeper than that...

## DAANGEROUS WORLD

Those close to the reality stars say Kylie's recent life choices have done the most damage, forcing Kendall to pull away from her sister completely.

She disapproves of Kylie's relationship with Tyga. "Kendall is concerned that Kylie has fallen under his spell," a source close to the situation said. "Kylie dresses the way he likes and does whatever he wants. When he's around, she's on him like glue. Kendall says she feels she doesn't even know her sister anymore."

According to the confidante, when Kendall expressed her concern about the rapper's control, her little sister snapped. "Kylie told Kendall she's just jealous because she doesn't have a man. But Kendall is genuinely concerned. She's worried Tyga is just using Kylie for fame, and that he's going to trap her by proposing or knocking her up. But Kylie won't listen. She feels abandoned by Kendall. Tyga is the one who's been there for her while Kendall jets around the globe."



Kendall Jenner and Kylie Jenner (left, with parents Kris and Bruce Jenner in very different times) seem to be growing apart. Kylie is apparently jealous of Kendall's modelling success (far left), while Kendall doesn't approve of Kylie's relationship with rapper Tyga (above)

## 'KYLIE FEELS INCREDIBLY ALONE AND IS BARELY COPING. SHE TRIED REACHING OUT TO KENDALL, BUT SHE SHUT HER DOWN'

Yet it seems Kendall has reason to be concerned. Kylie made headlines the other day, when rapper Stitches (real name Phillip Katsabanis) claimed he had sex with the teen just weeks after her 18<sup>th</sup> birthday.

"I did cocaine with Kylie and then slept with her – while she was in a relationship with Tyga," he claimed in an interview. "And if Tyga has one problem with anything I gotta say about his girl, he can come see me whenever he wants. I'll beat the shit out of him."

According to Stitches – who says he has "proof" they had sex – he and Kylie met for a date after being introduced by rapper InkMonstarr, and one thing led to another.

"[We did] some drugs. She called me 'Daddy,'" Stitches said. "She didn't bring up Tyga, not one time. She did not seem remorseful, not one bit."

When Kylie later blocked his calls and started ignoring him, he claimed, he decided to spill the details. "Tyga's already had his managers contact my managers and say that if I didn't shut my mouth, it's going to result in violence. But if Tyga comes after me,

it's like a death wish. I will stomp him the f\*ck out."

This isn't the first time Kylie has been tangled up in Tyga's dodgy world, where violent feuds are the norm. In June, an angry club owner reportedly pulled a gun on Tyga while Kylie was at his side. And a few weeks ago, Kylie was assaulted at Tyga's concert in California.

"It's a dangerous crowd," a source said. "Kylie is reckless dating him and puts herself in risky situations."

And Kendall wants none of it. "Kendall is worried that Kylie is going to get hurt or get caught in the crossfire, because she knows Tyga is bad news," a friend said. "Kendall has stopped hanging out with them because she doesn't want to put her own life at risk."

Then there's Kylie's alleged drug use. "Kendall barely even drinks," another source reported. "So when she found out Kylie was using, she was disappointed. She doesn't want to associate herself with people who take drugs – not even her own sister. She's worried it could be detrimental to her brand."

### BAD BEHAVIOUR

The stress is taking its toll on Kendall, who is unravelling at work and acting out, fashion sources have revealed.

She was in such a state during Paris Fashion Week that she was completely distracted. "Kendall literally ran into the backstage area 15 minutes before the Olivier Rousteing show was due to start," an insider said. "She looked like she'd been crying. The call time was two hours earlier, and people were overheard asking where Kendall was. It was super-unprofessional."

In recent weeks, Kendall has upped her rebellious behaviour by stepping out in barely-there outfits and putting her new nipple piercing on display, which some observers have called a cry for attention.

In an interview, Kendall admitted to feeling the need to rebel. "I got the piercing because I was going through a period in my life, having a rough time, and was like, 'Let's just do it.' Honestly, it hurt, but it wasn't as bad as everyone made it seem."

On top of everything, Kendall has admitted having a hard time adjusting to her father Caitlyn's transition. "It's something you have to get used to," she said. "It's like mourning the loss of someone, because it is. My dad is my dad, but he's not there physically anymore. But she lets me call her Dad – that's the last piece of dad I've got."

Kylie has also had a hard time adjusting to the "loss" of her dad. "She can't come to terms with the fact that her father is now Caitlyn," a source claimed. "She feels like she's lost her father and her sister in one year. She's really not doing okay."

Considering that they're going through a similar struggle, you'd think Caitlyn's transition would have brought the sisters closer together – instead it's driving them further apart.

"Kylie feels incredibly alone and is barely coping," an insider said. "She tried reaching out to Kendall, but she shut her down. Kendall doesn't like talking about her feelings."

With things turning sourer by the second, friends of the family hope the girls will eventually realise that blood is thicker than water. After all, this clan has survived worse... ■





this  
is  
my  
watch  
face



# 1/ TREVOR BITES THE BIG APPLE

**HE'S LIKE A NEW IPHONE:** sleeker, fresher and redesigned, but essentially doing the same thing. He's a little green. He's a bit of a whisperer. The Aids joke and the Whitney Houston gag were a bit off. And did he really need to swear so much?

This was some of the criticism lobbed at Trevor Noah after his first week in the hottest seat in US comedy – but it was to be expected.

Stepping into the mighty shoes of Jon Stewart on *The Daily Show*, our lad from Soweto was always going to be scrutinised. But there were plenty of positives, too. Extremely likeable, one

critic said. Handsome, said another. He's finding his feet, another cautioned – give him a chance. And the twitterati were generally effusive in their praise.

This is a cut-throat world, and he knows it. It's common knowledge in the US that he would've been ditched after his bad taste Twitter boo-boos came to light, if Jon Stewart hadn't pushed for him to take over.

"People will be waiting for him to mess up," a source close to the show said. "In this world, you can be brushed aside like a fly if you don't produce the goods. But it's early days yet."

Trevor, for his part, was eager to

show his gratitude to Jon. "Thank you for believing in me," he said. "I'm not quite sure what you saw in me, but I'll work hard every day to find it. And I'll make you not look like the crazy old dude who left his inheritance to some random kid from Africa."

## **THE GOOD**

He can crack people up, can Trevor. His opener went down well: "Growing up in the dusty streets of South Africa, I never dreamt I would have two things: an indoor toilet and a job on *The Daily Show*. Now I have both, and I'm quite comfortable with one of them."





Taking over from long-time host Jon Stewart (left), local comedian Trevor Noah is now the new presenter of *The Daily Show* (main). His first guest was Kevin Hart (below)



## BY NUMBERS

- **7.5 million viewers** tuned in to watch the simulcast of Trevor's first show.
- **3.7 million watched** the debut show on Comedy Central – the third-most-watched show in *The Daily Show* history. The highest was the Barack Obama interview days before he was elected president; the second Jon Stewart's farewell show.
- **41 percent more** people in the 18-34 age group tuned in to watch Trevor on *The Daily Show* than they did for Jon Stewart.

## BIG BUCKS AHEAD

**Jon Stewart earned \$25 million** (over R300 million) a year. Trevor's salary hasn't been revealed but, "It's comfortable," set insiders said. Other industry insiders peg it at \$10 million (over R135 million). That's R11.25 million a month...

Right now, Trevor is believed to be worth \$3 million (over R40 million). Small change, compared to what's coming his way.

As did this one, referring to those who turned down his job: "Once more, a job rejected by Americans is now being done by an immigrant."

And they loved his comparison of Donald Trump with various African leaders. "I know his comments about immigrants were upsetting to some," he said. "But for me, as an African, there's just something familiar about Trump that makes me feel at home."

### THE BAD

The first impression he cut, according to news outfit The Daily Beast, was a let-down. "He looked slightly overwhelmed and small at the centre of an anchor desk the size of an M1 tank," the site said. "It will take a while before the South African comedian proves himself as a plausible successor to the formidable Jon Stewart."

Then there's his voice. "That

Noah is not a yeller was the first major discovery," entertainment site Indiewire.com said. "The combination of his accent plus a somewhat subdued delivery style means he seems at his most comfortable when whispering."

Trevor has work to do when it comes to his interviewing style. "As with most newbies, he cut his guests off more than once, failed to sell some of Kevin Hart's admittedly bad jokes and didn't know how to react to [musician] Ryan Adams' inherent Ryan Adamsness," a review on Tv.com said.

He was also criticised for his handling of the mass shooting at a college in Oregon. "This isn't a normal situation for me," he said. "I haven't had time to feel, let alone think, about everything that is happening. All I can do is what I do best, which is try to make people laugh."

Cop-out, yet another critic cried.

"His reaction seemed genuine, but the excuse that he hadn't had time to process it wasn't good enough. Stewart always had something to say. Noah said nothing."

### THE DON'T-GO-THERE

Sometimes there were more gasps than giggles. For instance, a crack about cocaine "taking down" Whitney Houston tanked. "Too soon?" he quipped in an attempt to save himself.

Trevor's repeated use of the words "shit" and "bullshit" raised eyebrows too. "It felt like forced edginess," one critic said. "Can motherf\*cker be far behind?" he asked. "Let's hope so."

What Trevor thought of his first reviews is anyone's guess. But he's no doubt pulled on his big-boy pants. He's in the big league now. And the big league can be brutal. Come on, Trev, you can do it! We're counting on you. ■



Courteney Cox (main) has had a lot of work done in preparation for her wedding to Johnny McDaid (left). Even BFF Jennifer Aniston (below left, in *Friends*) has seemingly criticised her surgery habit



# COURTENEY COX'S PRE-WEDDING PLASTIC SURGERY PANIC

**SHE'S 51, HE'S 39**, and they're due to meet at the altar at the end of the year. And Courteney Cox is determined to look as fresh-faced as possible for her big day. But her plan for perfection is turning into panic – and her efforts are having a rather alarming effect...

The actress is blitzing herself with so much cosmetic treatment, "She looks older than if she'd just stopped at a little bit of Botox," a friend said.

Courteney, who is set to tie the knot with her fiancé, Snow Patrol rocker Johnny McDaid, in his native Northern Ireland, has spent about \$100 000 (more than R1 million) on fillers, boot camps and detox retreats. And insiders report that she isn't planning to stop anytime soon.

"One of Hollywood's hottest

surgeries at the moment is the contour thread lift, and Courteney wants it now," a close friend claimed. "Threads are inserted into the face to create a lift. The recovery time is minimal, and you can see results immediately."

"It's been a very long time since Courteney looked like Courteney," said Lyle M Back, a US plastic surgeon. "In Hollywood, cosmetic procedures, both surgical and non-surgical, are often taken into the too-much too-far zone."

This isn't the first time Courteney has been called out for going OTT on her face. In 2013, her friends on *Cougar Town* were rumoured to be in the middle of staging an intervention. "They told her her face is looking more and more fake and compared her to the queen of plastic surgery, Janice

Dickenson," a source said at the time.

Even Courteney's BFF, Jennifer Aniston, was accused of throwing shade at her last year: "I am grateful to learn from their mistakes, because I am not injecting shit into my face. I think, 'If you only know how much older you look.' They are trying to stop the clock, and all you can see is an insecure person who won't let themselves just age."

Courteney is apparently hyper-aware of the age difference between her and Johnny and doesn't want to be seen as an "old bride". "Not even Johnny knows how many procedures she's had," a close friend revealed. "She'll say she's having a girl's weekend away, but she's really having work done."

Enough already, Courteney! We loved you just the way you were. ■





"It was tough living with an extremely depressive person," Melissa said. "Most of the time he would sit on the floor and howl, and I would sit up counselling him until four or five in the morning."

He married actress Lauren Holly in 1996, but they divorced just eight months later.

Jim vowed he'd never marry again, but he did embark on a string of romances, including an 18-month-long one with Renée Zellweger.

Next up was Jenny McCarthy, whom he dated for five years. Their break-up was a bitter one, and the former *Playboy* pin-up accused Jim of abandoning her autistic son, Evan, who saw him as a father figure.

When asked recently about his love life, Jim said, "I'm in love with everybody, all shapes and sizes. I want to share myself and my life with people I care about."

Just not for too long, it seems. ■

## 3 Jim's toxic love life

**WE KNOW HIM** as Hollywood's manic king of comedy – but behind Jim Carrey's madcap antics lies a tortured soul and a string of failed relationships.

Things took a tragic turn when his most recent girlfriend, Cathriona White, was discovered dead in her Los Angeles home after a suspected drug overdose – just four days after she split from 53-year-old Jim.

A suicide note reportedly mentioned breaking up with him on September 24 – the same day he was photographed chatting to at least two young women at a Hollywood party.

That evening Cathriona, 28, who was the same age as Jim's daughter, Jane, posted an upsetting message on social media: "Signing off Twitter, I hope I have been a light to my nearest and dearest."

Friends say the Irish make-up artist, who had struggled for years with depression, felt she "had nothing to live for" after splitting from a man she was "madly in love with".

Jim is devastated by her death. "She was a truly kind and delicate Irish flower, too sensitive for this soil, to whom loving and being loved was all that sparkled. We have all been hit with a lightning bolt," he said in a statement.

The pair, who started dating in 2012 after meeting on a film set but broke up in March 2013, reunited in May. Four months later, Jim called it quits, leaving Cathriona crushed. But she's not the first woman to have been burnt by the actor.

Past loves describe him as unstable and irrational and claim he puts work above all else. He'll spend eight hours in front of a mirror perfecting expressions and will work well into the night for weeks on end.

Jim has a history of depression and has admitted to numbing himself with drugs and alcohol for years – although he now insists he no longer takes any stimulants, not even coffee.

In 1987, he married Melissa Womer, Jane's mom, but they divorced in 1995.



The women in Jim Carrey's life, clockwise from main picture: Cathriona White, who recently committed suicide; Lauren Holly (pictured with Jim's daughter, Jane Carrey, whom he had with his first wife, Melissa Womer); Lauren Holly; Jenny McCarthy; Renée Zellweger





# 4 Intricately LACED

**FALL IN LOVE** with spring's prettiest trend. Wear it head to toe in a feminine sweep, or add it to denim and workman-style boots for a rebellious edge. Regardless of how you make the trend your own, lace is one item on this season's must-have list. ■

- 1. Pieces at Superbalist.com, R249. 2. Mango, R999. 3. Foschini, R350.
- 4. Mr Price, R80.
- 5. Forever New, R1 599.
- 6. Dolce & Gabbana, R15 650. 7. Needle and Thread at Net-a-Porter.com, R3 910. 8. Needle and Thread at Net-a-Porter.com, R2 755.
- 9. Lipsy at Edgars, top, R899, skirt, R999.
- 10. Karen Millen, R2 900. 11. Topshop, R999. 12. London Hub at Graziadaily.co.za, R895.
- 13. Superga, R1 000.
- 14. Accessorize, R649.



**THEY ONLY GOT HITCHED** in

February, but it seems Johnny Depp is totally under Amber Heard's thumb. "Amber is very loving toward Johnny — but if things aren't the way she wants, all hell breaks loose," an insider said.

Onlookers saw evidence of that at the Canadian premiere of Johnny's new movie, *Black Mass*. According to an eyewitness, Amber freaked when she saw him chatting to another woman. "She stormed over and tried to butt in," the source said.

When Johnny, 52, ignored her to carry on his conversation, Amber, 29, pulled him aside and, "Talked to him like a child," the eyewitness claimed. "Johnny smiled awkwardly and seemed to calm her down, because the next minute they were holding hands again."

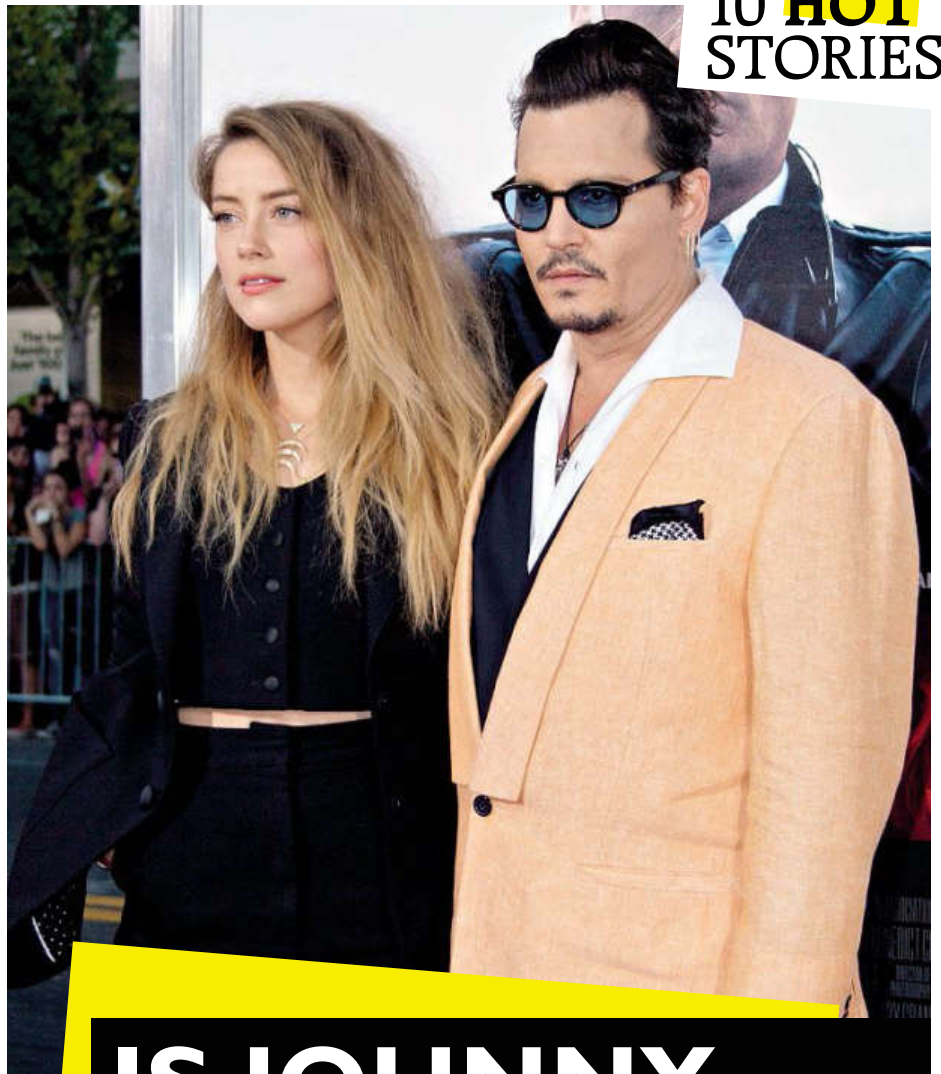
Apparently, Amber's dissatisfaction with her husband includes his weight gain. "She says he looks like a mess now," another insider said, "and she's started to advise him on his diet."

As reported in *Grazia*, in April Johnny agreed to quit drinking and invited a sober companion to live with him. Unfortunately, he quickly found a substitute: food. The results of his new addiction could affect his career as much as his marriage.

"Johnny is not that tall, so the weight gain really showed on camera," confided a source on the set of the latest *Pirates Of The Caribbean* sequel. "He promised to drop the weight, but wardrobe had to adjust his costumes — and the director had to re-block some scenes to hide his offending body parts." Not sexy.

Sources close to the movie report that Johnny, who they claim does not handle stress well, has gained between ten and 15 kilograms. His new wife seems to be causing him stress aplenty. In another reported attempt to please Amber, Johnny sold his beloved yacht, the *Vajoliroja*, because she refused to set foot on board. *Vajoliroja* is combination of the names of his ex Vanessa Paradis, his own, and that of their kids, Lily Rose and Jack.

"Johnny loved that yacht. But he bought it for Vanessa, and Amber is still jealous of her," a source said. "He's blinded by love. He'll do anything she wants — and she knows it." ■



# IS JOHNNY BLINDED BY AMBER?

5



Top: Amber Heard and a portly Johnny Depp. He sold his beloved yacht (above) to please her and is trying to revert to his slim self (right) for her too



# 10 HOT STORIES

1



ONLY R120!

2



SHOP THIS ITEM ONLINE AT GRAZIADAILY.CO.ZA

ADD TO CART



## TAKE A WALK ON

**ANIMAL PRINT** is the one trend that just keeps reinventing itself season after season. From pops of neon leopard to muted zebra and snakeskin, a small dose of stripes or spots added to your outfit takes it from “meh” to “OMG” in a matter of seconds. ■

3



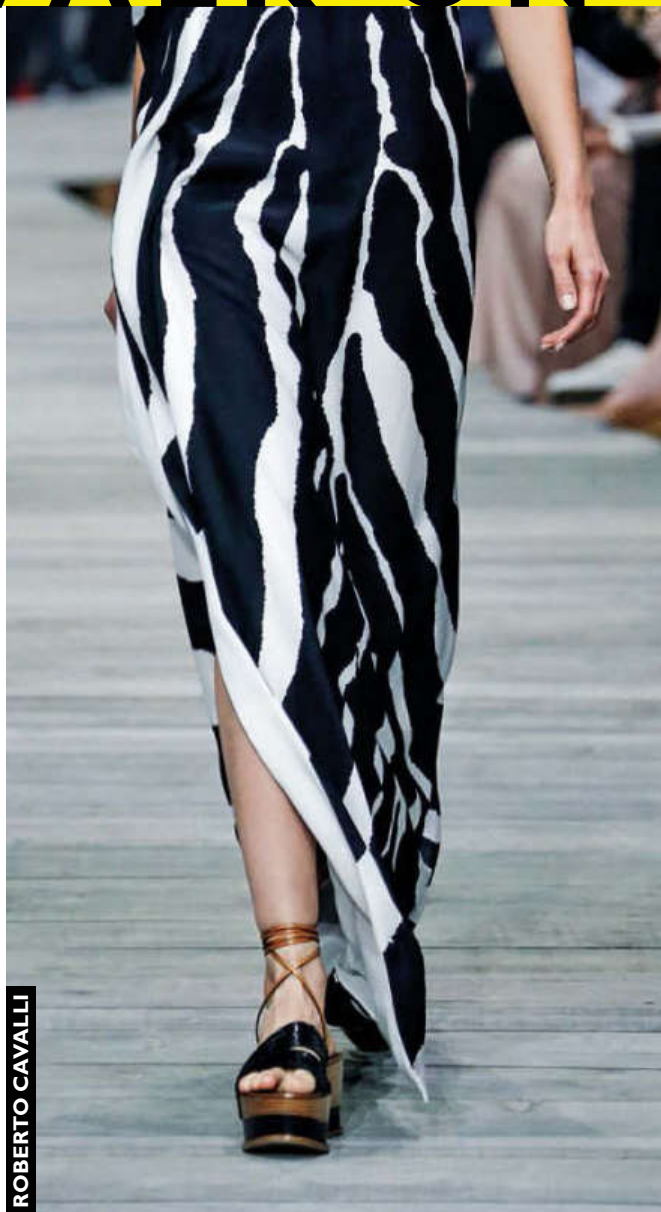
4



5



ROBERTO CAVALLI







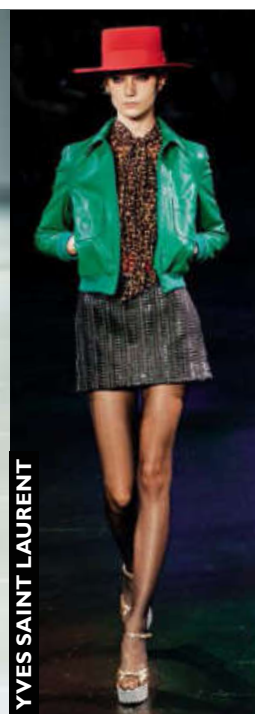
# THE WILD SIDE



VERSACE



GIORGIO ARMANI



YVES SAINT LAURENT



VERSACE

- 1 Mr Price, **R120**
- 2 Edit at Graziadaily.co.za, **R330**
- 3 Edgars, **R300**
- 4 Paul's Boutique at Graziadaily.co.za, **R1 900**
- 5 Steve Madden, **R1 299**
- 6 Edit at Graziadaily.co.za, **R460**
- 7 Karen Millen, **R4 900**
- 8 Dune London, **R450**
- 9 Asos.com, **R400**
- 10 Cotton On, **R149**
- 11 Adidas Originals at Net-a-Porter.com, **R1 175**
- 12 Lu May at Graziadaily.co.za, **R360**
- 13 Agent Provocateur at Net-a-Porter.com, top, **R3 690**, bottom, **R3 690**
- 14 Accessorize, **R299**
- 15 River Island, **R979**





Sandra Bullock (left, with son Louis) is said to have adopted a second child and to be building a family with Bryan Randall (below). Hopefully he turns out better than her ex Jesse James (bottom)

run as general manager. “Bryan is everything Sandra wants right now,” a friend said. Sandra’s 91-year-old dad lives in Jackson Hole, and she wants to be closer to him, too.

To focus on her family, insiders claim Sandra’s even putting her career on the back burner. Apart from her new movie – *Our Brand Is Crisis*, on circuit later this month – she doesn’t have any other films lined up.

Will Sandra, Bryan and the kids ride off into the Wyoming sunset and live happily ever after? Watch this space... ■

# Sandra: choosing love over the limelight? 7

**SANDRA BULLOCK HAS** a new beau, a new baby and is the happiest she’s ever been – but we might soon see the last of her on the silver screen.

The 51-year-old Oscar winner has yet to confirm her second adoption, but pals say she is “head-over-heels in love” with her newborn daughter. She has also fallen hard for photographer boyfriend Bryan Randall – so hard that she’s moved him into her LA home to help raise her new little girl and her five-year-old son, Louis.

“Sandra made it quite clear to Bryan that she’s looking for a husband to raise kids with,” a well-placed source said. “She had the paperwork ready to adopt another child, but

wanted to do it with the right man – and Bryan’s checked every box so far. He’s been amazing helping Sandy with late-night feeds and keeping Louis occupied.”

Which is great news – if the bliss persists. Sandra’s had some bad luck with men (we’re looking at you, Jesse James), and Bryan’s background isn’t exactly blemish-free. In a fit of rage last year, he vandalised a neighbour’s home – and he also has a history of arrests and at least one DUI conviction. But none of that seems to bother smitten Sandy.

Sources say she’s in talks to buy a bar in Jackson Hole, Wyoming, for about R140 million, for Bryan to





ONLY  
R50!



**River Island**, top, R649,  
skirt, R629



**Mr Price**, top, R50,  
shorts, R80



**Lipsy at Edgars**, top,  
R549, shorts, R699



**Foschini**, top, R180,  
skirt, R299



**Billabong**, top, R450,  
shorts, R400



8

# MATCHY

BE  
MINE

**NO, WE'RE NOT TALKING** about the twinsets favoured by your school maths teacher. Having come full circle, matching sets are now the fashion girl's answer to a suit. Coordinate your prints for a cheerful summery look or add interest by mixing in other separates. Either way, your wardrobe just got a lot more fun. ■



**Topshop**, top, R489,  
pants, R849



**Elizabeth and James at Net-a-Porter.com**, top,  
R5 565, skirt, R7 455



WISH  
LIST



**Gant**, top, R1 500,  
shorts, R2 000



KAREN WALKER



HOUSE OF HOLLAND



# Blake's BIG mistake

**A YEAR HAS PASSED** since Blake Lively ditched her acting career to focus on her lifestyle site, Preserve. It pledged to provide fans with bespoke wonders such as pickles, ponchos and wooden crates, cherry-picked by the star herself.

But – while Gwyneth Paltrow, Jessica Alba and Jessica Simpson have managed to translate their lifestyle choices into riches – Blake has admitted defeat. Preserve, she announced, is no more.

“We have an incredible team of people who do beautiful work,” she said. “But we launched the site before it was ready, and it never caught up to its original mission. It’s not making a difference in people’s lives, whether superficially or in a meaningful way.”

But the problems with Preserve ran a little deeper than timing. “It was ill-conceived from the beginning, but Blake doesn’t have the education or business savvy to recognise that,” a site insider said. “She hired experts but wouldn’t let us do our jobs or take our advice. Then she blamed us when her strategy failed.”

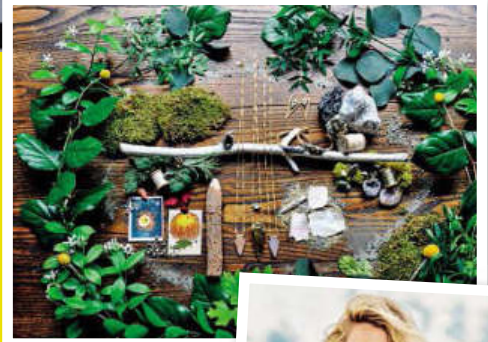
And it seems Blake had no problem taking her frustrations out on her “incredible team”. “She thought if she acted in a more authoritarian manner and pushed and threatened everyone, it would help,” the source said. “But the harder she pushed, and the more she blamed and threatened, the more

everyone resented her. The whole thing was haemorrhaging money, and people were quitting.”

Another Preserve insider added, “When someone disagreed with her, she’d tell them to their face that she’s reconsidering their job status. Some of us even joked that it was an initiation ritual to have her hang up on us.

“There’s really no one to blame except her,” the source continued. “But I’m sure she’ll try to portray herself as some sort of brave humble entrepreneur. The people who worked with her know the truth: she was a mean, rich girl who didn’t know how to manage shit.”

Blake, who has promised to revive Preserve when the time is right, is now lining up as many movie roles as possible. But Hollywood has never been exactly wild about her – it seems her acting skills might be regarded in the same way as her people skills... ■



Blake Lively (main and above) has opted to close down her lifestyle site, Preserve, after it failed to capture the public's imagination





# A TASTE OF FREEDOM

10

**TALK ABOUT THE WARM** and fuzzies! A food cart in Columbus, Ohio, is giving survivors of sex trafficking a second chance at life.

Freedom a la Cart – an initiative by Doma, a non-profit organisation that helps former victims of the sex trade – provides lunch for passersby most days of the week.

The cart, which has been operating since 2012, is run by ten survivors. So far it has broken even, said director Julie Clark. If the initiative keeps thriving, Doma plans to open a restaurant that can employ even more survivors.

“From a young age, as we’re all learning necessary skills, these women are being trafficked, and most of them are addicts too,” Julia said. “For the first time in their lives, they have people who care about them. We’re not just giving them job skills or a social enterprise – we’re exposing them to a world where people actually help each other sometimes.”

Barbara Freeman is one of the ten

women who works at the cart. “April 8, 2009, was the last day I stepped into a stranger’s car; the last time I had a price put on my body. The stranger was an undercover cop. He asked me why I was doing it. I told him I’d been trapped for so long, I didn’t know how to get out. That’s when he said he was an officer and that he was going to help me.”

Barbara – who once slept with men for crack, and who was raped and assaulted dozens of times – was taken to Doma and enrolled in their Freedom a la Cart programme. Her life has totally changed.

She got her driver’s licence earlier this year and has been speaking at schools and churches about how she turned her life around. And when she sees a woman who has relapsed or who needs help, she stops her car.

“I let them know it’s not too late,” she said. “If you still have another breath in your body, you can have a new life.” ■ Visit [Freedomalacart.org](http://Freedomalacart.org) for more information about the initiative

Survivors of sex trafficking have a found hope at Freedom a la Cart, a food cart that gives the women both a support system and a job

# STYLE HUNTER

Our Style Hunter team hit the streets of Rosebank in Jozi – and came up trumps with these fashion maven



## BARBZ MNENO, 37

Model



**TOP:** Barbz adds movement to her ensemble by wearing a loose-fitting blouse.

**SKIRT:** Customise your classic denim skirt to keep it up to date.

**HEELS:** Be ahead of the fashion pack with these ballet-inspired heels.

*'A girl should be two things: classy and fabulous' – Coco Chanel*

## FIONA MUNSHI, 24

Student



**SUNGLASSES:** Reflective sunnies are on point this season.

**BAG:** This classic sling bag keeps Fiona's look casual.

**JUMPSUIT:** Double up on beautiful prints – they really make an impact.



*The 90s  
grunge trend  
is so hot for  
spring*

*'Fun, colourful  
and stylish'*

## KISHENDREE NAICKER, 27

Doctor



**BAG:** Don't be predictable. Add a print to your get-up.

**SHIRT:** Go for a 90s grunge look with a checked shirt tied around your waist.

**SANDALS:** Cool off with statement sandals.

*'Experiment with the  
latest trends'*

## LATRELLE SIMMONS, 32

Singer

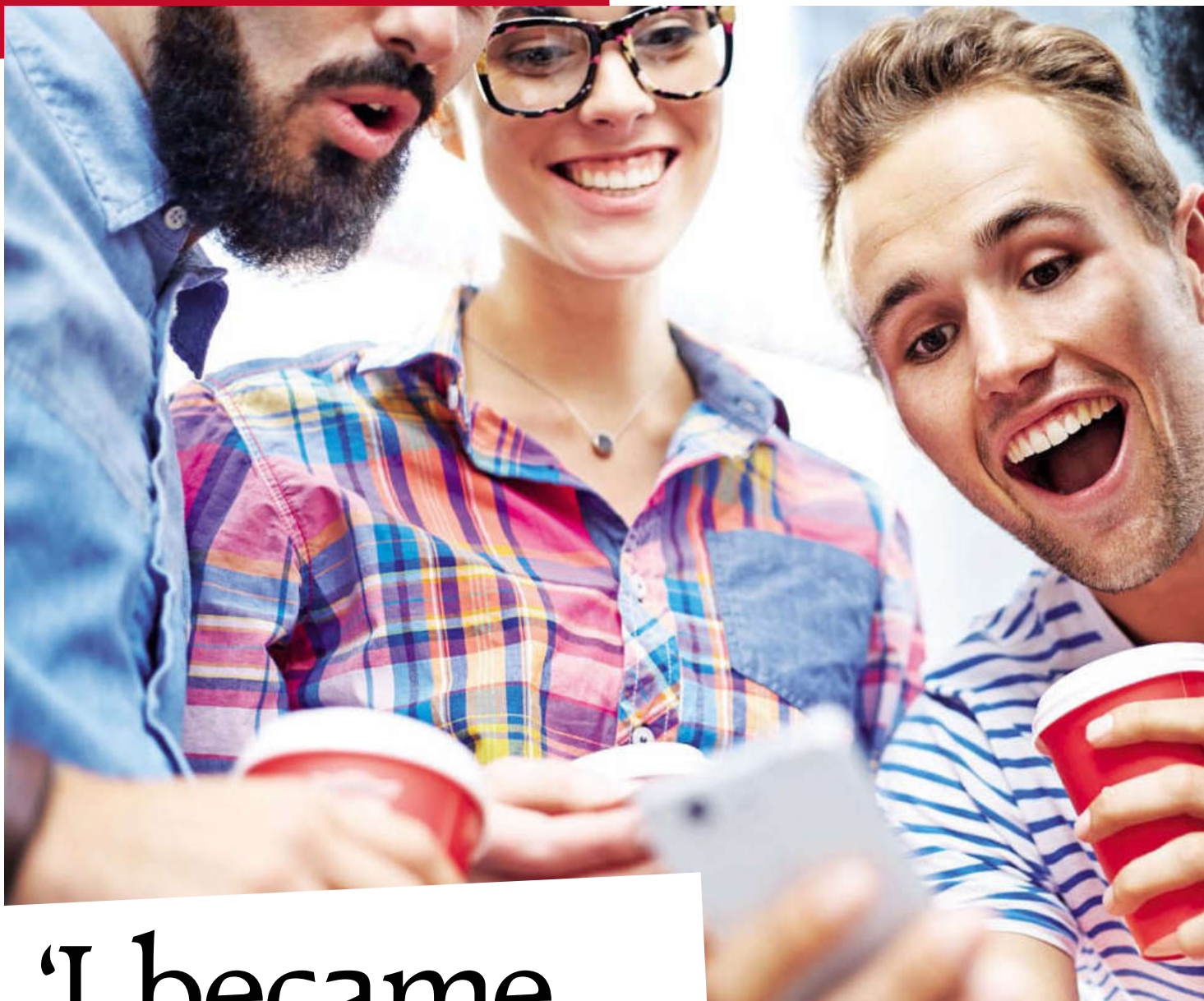


**HAIR:** Add colour to your hair to make it an accessory.

**SHOES:** Latrelle adds an edgy touch with metallic sneakers.

**JUMPSUIT:** From your sheets to the streets, cosy up to the pyjama trend this spring.

**FOLLOW  
@GRAZIASAMAG  
ON TWITTER  
TO FIND OUR  
STREET STYLE  
TEAM!**



# ‘I became an internet meme’

What does it feel like to have your face become an internet sensation – for all the wrong reasons? South African Damien Fox, 35, tells *Grazia* about his surreal experience

**MY FIANCÉE, LAUREN,** and I are expecting our first baby. I grew up in Maritzburg, but I've been living in the UK for the past 15 years, so we wanted to share the good news with our friends and family all over the world by posting a selfie of us holding the first scan on Facebook.

Because she wasn't happy with the way she (okay, okay, *we...*) looked, Lauren kept on snapping.

After the fourth attempt, I pulled a face because by then, I was sick of my life! We thought that pic was quite funny, and we posted it as our pregnancy announcement for a laugh on a Friday in late September.

The reaction of our friends and





family was as expected – they thought it was as funny as we did. But that's because everyone who knows us knows we don't take ourselves too seriously.

That weekend, I got a notification that a friend had tagged me in a Twitter post with a screenshot from Theladbible.com, one of the most popular entertainment sites in the UK.

Then I discovered the pic we'd posted on our private Facebook accounts had been turned into a meme. I thought it was really funny and so did Lauren, but we were shocked that it had gone viral. I got about 200 notifications on Sunday and Monday alone.

As Theladbible.com is so insanely popular – they have 1.46 million followers on Twitter – it wasn't long before the meme found its way to Unilad.co.uk, which is a similar entertainment site with about eight million fans on Facebook. And that's when I started getting a bit concerned that this meme was really out there for the world to see.

I don't like a fuss, so I didn't want the attention, and I was concerned that comments from total strangers would ruin our announcement. Many of my

colleagues (I'm a police officer) are on Facebook, and they tagged me in the Unilad.co.uk post – they all thought it was hilarious, and I got a lot of teasing at work. When I last checked, that post had almost 115 000 likes and had been shared 6 561 times.

I'm aware of internet trolls – I know how damaging they can be – but Lauren and I couldn't help but read some of the comments on the Unilad.co.uk Facebook post. I've got a really thick skin, so remarks about the size of my forehead and the apparent age gap between us – I'm 35 and Lauren is 26 – didn't affect me.

Some of the cruder comments about Lauren made me quite angry. But my main concern was that, because I kept getting tagged in the post, my friends and family would find the link and feel the comments were offensive.

As difficult as it was, I decided to stop reading the comments. I didn't want to respond to the trolls myself, but Lauren replied to some – and thankfully she received only positive responses from them.

I still don't think it's a good idea to identify yourself to trolls, but Lauren got quite upset with some of the



comments, especially the ones that said she looked psycho. And she was really bothered by a guy who said, "You should chuck her down the stairs."

She also didn't like the remarks that accused me of not being worthy of having a child. Others that hit a nerve were, "Pull out level: weak, plus she looks like a f\*cking nut job!" and "That is the last man on earth you want as a father."

When Lauren replied to the comment about me not being worthy to be a father, she stated that it was just a joke, and we were both delighted to be having a baby. The person apologised and congratulated her. She replied to another comment that judged the way I look, and that person then viewed her Facebook profile and admitted the meme pic did me no justice. Another man who said she looked like a psycho apologised and said, "Sorry, you look pretty cute. It must be weird being on Unilad."

It's only been a week since the pic went viral, but I'm still shocked by it all. What should have been a proud and happy moment between a couple in love turned into a real carry-on!

Because of my job, my privacy settings on Facebook are set to "friends only", and Lauren, who is a child support officer, has the same. So what concerns me is that one of our

◀ [Remarks] that hit a nerve were, "Pull out level: weak, plus she looks like a f\*cking nut job!" and "That is the last man on earth you want as a father" ▶

Damien and Lauren did take a pregnancy announcement pic with Damien looking happy



friends probably made the meme and shared it in the first place.

Luckily, I know the internet is a fickle place, so this will all blow over fairly quickly. I haven't been recognised by strangers, but people I haven't spoken to for ages are coming up to me in the street to talk to me about it. And it does worry me that I may be recognised when I'm at work, because I deal with the public often.

Our friends all know we're very happy and that the pic was a joke, so we don't regret posting it at all. We love each other, and we're very excited that we're having a baby.

We've both learnt a lot from this experience. Like not to judge people from one pic or meme, and to understand that there's a genuine story behind every picture. We've also learnt that there are a lot of gullible people out there who clearly don't have a sense of humour... And that there are loads of sickos out there, too! I'll be careful when I comment or share anything online in future.

So even though this has stressed us out, we know we'll be able to look back and laugh about it eventually. It does feel surreal to know so many people have shared our announcement – and that this meme will be on the internet forever. ■

## WHAT'S THE DEAL WITH INTERNET TROLLS?

What makes seemingly normal people say vile, hurtful things to strangers on the internet? Here's what we've discovered:

### ANONYMITY HELPS

"Trolling is recreational abuse intended to waste the subject's time, get a rise out of them or frustrate or frighten them into silence," says Lindy West, feminist writer and frequent victim of online trolling. Anonymity is the main motivating factor. What we do when we're incognito is often vastly different to what we do in public. Exhibit A: nose picking. We feel we can act without fear of judgement.

### THEY'RE CRAY-CRAY

Internet trolls typically display at least four personality flaws, a study by Canada's University of Manitoba showed. They're psychopaths (incapable of caring about others' feelings), sadists (taking pleasure in the pain of others), Machiavellian (believing the ends justify the means) and narcissistic (entirely self-obsessed).

### THEY'RE SELF-HATING

Some are just sad and bitter. When Lindy confronted a troll who'd created a fake Twitter profile pretending to be her late dad, she found he actually hated himself. He apologised and explained that her love of her own life drove him to lash out. When he learnt to love himself, his impulse to troll others stopped. So if you're trolled, it's not about you. It's about them.



MAKE SENSE  
OF THE  
SCENTS

SPRITZ  
YOURSELF  
SILLY!

ALL-NEW  
SUMMER  
SMELLS

# THE FRAGRANCE ISSUE

WHATEVER  
SCENT YOU DESIRE,  
WE'VE GOT YOU  
COVERED  
IN NEXT WEEK'S

**GRAZIA**  
SOUTH AFRICA





# AMAZING AMY

Ask anyone out there whom they'd like their new BFF to be, and chances are they'll say Amy Schumer. We mean, what's not to love? She's hilarious, she's smart, she's a feminist...

## **GROWING UP, WAS THERE SOMETHING THAT PUSHED YOU TO BECOME A COMEDIAN?**

Within a few years, my family went bankrupt, my father was diagnosed with multiple sclerosis, and my parents divorced. I think it was the divorce and my dad getting sick that were influential. I love to laugh. I seek laughter all the time. I think something that also comes with having a sick parent is that you don't know what's going to happen, so I'd be like, "I'm psyched my legs still work." I want to experience all I can and make as many memories as I can.

## **WOULD YOU SAY YOU OWE YOUR SENSE OF HUMOUR TO YOUR DAD?**

My mom is pretty funny too. She's passive-aggressive, but she's pretty good at playing the victim. They are both pretty funny, actually.

## **DID YOUR PARENTS' DIVORCE INFLUENCE YOUR DATING CHOICES?**

It definitely affected my relationships. Every guy I meet, I think, "He's cool, but would I push him in a wheelchair? Would I want him to push me?" So, yeah, I go there pretty quickly. Other people are like, "Should we go to Hawaii on vacation?" I'm like, "Do I want you to change my colostomy bag?" It changes your perspective.

## **YOU TALK A LOT ABOUT BODY TYPE IN YOUR COMEDY. IS THERE PRESSURE ABOUT LOSING WEIGHT?**

A little bit. People ask, "Why don't you lose 15kg or something?" But it's very therapeutic for me to say: "I'm not going to look like a malnourished bird." Like everyone else, I wake up some days, and I feel very disgusting, but for the most part I feel sexy. I have

a belly, I have cellulite, but I feel like a woman, and I feel good – and I don't want to feel like everyone else.

## **IN TRAINWRECK, YOUR CHARACTER, AMY, HAS AN ACT-LIKE-A-MAN ATTITUDE. WOULD YOU AGREE?**

Not at all! A lot of people have asked me if I intended to flip the gender roles, but I'm not making anything up. This is how I am. Most of what you see did happen in my real life.

## **DO YOU THINK YOU ARE A FEMINIST?**

I am a devout feminist and lover of all people. My fight is for all people to be treated equally.

## **HOW IMPORTANT IS IT FOR YOU THAT YOU ARE A ROLE MODEL FOR YOUNGER GIRLS NOW?**

I accept the responsibility. And I think they are in good hands – I have really good intentions. And the nicest compliment is someone saying, "I hope my daughter is like you." Believe it or not, people have said that.

## **DO YOU FEEL PART OF HOLLYWOOD NOW, AFTER THE SUCCESS OF TRAINWRECK AND ALL?**

No. I live in New York, and this is my first movie, so I don't feel part of Hollywood, and I'm enjoying that.

## **DO YOU THINK YOU'RE INTIMIDATING?**

Yeah, I think I'm intimidating to some men, but they're probably not the kind of men I would be friends with or date, so that's good. If they can be intimidated, leave them alone. [Laughs.]

## **DO YOU WANT TO HAVE AN INFLUENCE WITH YOUR COMEDY ON GENDER OR HOMOSEXUAL ISSUES?**

I feel that my TV show (*Inside Amy Schumer*) definitely pays attention to the issues going on, but more so to

what is important to us. But if we can't figure out how to make it funny, we just won't do it. I don't push to try to be part of the conversation, but if some injustice is really eating at me, I will try to find a way to talk about it.

## **HOW FAR DO YOU THINK WE STILL HAVE TO GO WHEN IT COMES TO GENDER EQUALITY?**

Farther than we like. I think it's insane that it's still an issue, but it is.

## **YOU TELL SOME PRETTY RAUNCHY JOKES – DO WOMEN AROUND YOU SPEAK LIKE THAT, AND DO YOU BLUSH?**

Yeah, I blush; I get excited. But my friends and I are normal girls who talk about our sexual experiences. The difference is I will also talk about it on stage in front of lots of people.

## **SO WHEN EVERYONE CALLS YOU A SEX COMEDIAN, WHAT IS YOUR REACTION TO THAT?**

I talk about sex probably a lot less than most male comics, and nobody labels them that way. But if anyone listens to my jokes, I'm saying I have a pretty boring sex life – almost non-existent at this point. But just a woman bringing up sex is enough for them to be like, "Oh, she's dirty."

## **IS THERE ANYTHING YOU WON'T JOKE ABOUT?**

Yeah, of course. I just want to joke about things that are funny.

## **WHAT'S THE TOUGHEST PART OF BEING A SINGLE WOMAN?**

The self-loathing and doubt. You constantly hope you're going to meet a great guy, but there's a lot of empty nights and bitter disappointments. You might have some fun, but it doesn't leave you happy. It can be tough out there. ■

# More Lady, LESS GAGA

Who could have predicted that less would become more for Lady Gaga? From being the queen of shock to the belle of the ball, Mother Monster has done a complete 180 in terms of her style

**THIS PAST YEAR** has definitely been one of ups and downs for Lady Gaga. After her album *Artpop* flopped, many wondered if 2015 could spell the beginning of the end for the shock-queen songbird's career.

The answer is a resounding no. Gaga, 29, is back in business after landing a leading role in the highly anticipated *American Horror Story: Hotel*. She has also just been announced as Billboard's 2015 Woman of the Year. And while many used to associate the pop star with her outrageous looks, it seems she's now garnering more attention for her newly adopted demure style.

Perhaps Gaga – aka Stefani Germanotta – hung up her meat dress and claw heels because she realised she'll catch more flies with honey than with vinegar. Or that the one way to truly shock people is to not take her clothes off, but to put some on...

It's been a year-long fashion journey for the singer, whose style has been completely un-Gaga-fied. And the man responsible for her dramatic make-under? Brandon Maxwell, a Texan designer/stylist who is single-handedly transforming her into a household fashion icon. We likey!

Through bespoke pieces and regularly sourcing up to 300 dresses "and a whole room of jewellery and accessories" for her tours, Brandon has helped create a Gaga so unrecognisable that some of her Little

Monsters are being forced to do a double take.

Brandon met Gaga back in 2010, when he began assisting her previous stylist, Nicola Formichetti. Brandon was on hand backstage when Gaga needed some repairs done to her meat dress at the VMAs. And when Nicola and Gaga parted ways in 2013 due to "artistic differences", Brandon stepped up to the plate.

"The world has seen everything," he said of her eyebrow-raising outfits. "I think this time it's about letting some of it go and the focus being on the music, because now she's comfortable being naked and being who she is. It's more toned down, pulled back and chic."

For some of her most recent outfits, Brandon enlisted the help of some of fashion's biggest names, including Azzedine Alaïa and Riccardo Tisci at Givenchy. And Mother Monster is so happy with what he's produced, she has also encouraged him to start his own label.

Gaga wore the first-ever Brandon Maxwell gown – a 1930s-style dress in blue velvet with a matching turban – to launch her collaborative album with Tony Bennett in September last year. Fast-forward 12 months, and Brandon debuted his first collection at New York Fashion Week, with Lady Gaga in the front row weeping with pride. Bless. We can't wait to see what he makes her step out in next! ■



Words: Sonja Raath. Source: Dailymail.co.uk; Eonline.com; Billboard. Pictures: Greatstock/SplashNews; Gallo Images/Getty Images.

## AUG 2014

**DAFUQ:** Still rocking her wacky style with a crazy dreadlock wig and a sequined, sheer body stocking by Perry Meek.

## NOV 2014

**ARTFLOP:** Taking the title of her album literally in a graffiti-print drop-crotch jumpsuit and checkerboard hat.





**NOV 2014**  
**EDGE OF GLORY:** At JFK airport wearing an oversized striped skirt suit and super-short bangs.

**DEC 2014**  
**DISCO CHIC:** In a high-necked peach chiffon gown, with stick-on diamanté decorations on her eyelids.

**FEB 2015**  
**DISHWASHER DIVA:** At the Oscars in a hand-beaded Azzedine Alaïa gown and questionable red leather gloves.

**MAR 2015**  
**MONOCHROME MAIDEN:** An off-the-shoulder top and white pencil skirt at Paris Fashion Week.

**JUN 2015**  
**60s ICON:** In a matching top and skirt set by Tanya Taylor, with a high chignon to finish it off.

**SEP 2015**  
**HOLLYWOOD ROYALTY:** Showing support for her stylist, Gaga wore two gowns by Brandon Maxwell to the Emmy Awards.

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@GRAZIASAMAG 

GRAZIADAILY.CO.ZA

EACH WEEK YOUR FAVOURITE MAGAZINE ON DIGITAL

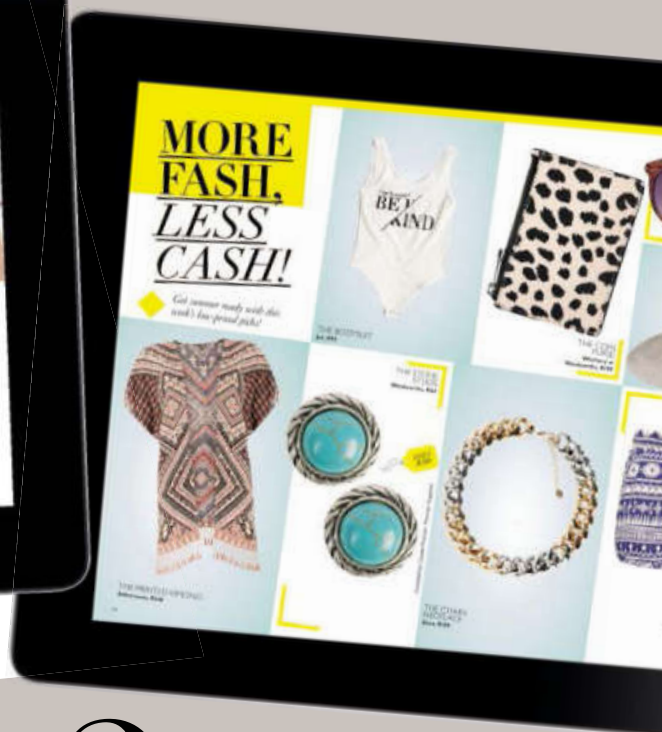
# GRAZIA

## South Africa

R22  
PER  
ISSUE



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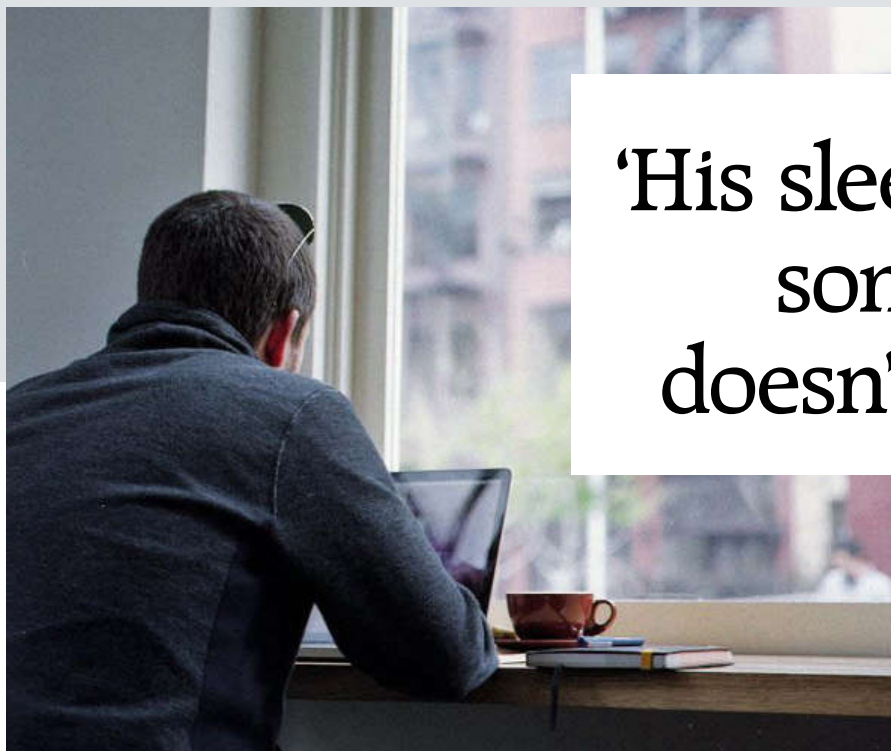


HAVE YOU GOT YOUR

# GRAZIA?

[MYSUBS.CO.ZA/GRAZIA](http://MYSUBS.CO.ZA/GRAZIA)





# 'His sleeping with someone else doesn't hurt you'

This week, Barry Bradshaw discusses why cheating is not that, er, bad

**MY FRIEND'S GIRLFRIEND** cheated on him. He confronted her, and she confessed and cried. They talked, and she said she didn't want to break up with him, and he didn't want to break up with her, so they decided to keep going. He said he would try to forgive her.

"But it's too hard," he said the other day. "I keep thinking about it, and then I get angry or withdrawn. I start snapping at her and taking it out on her."

Everyone has advice for their friends in a situation like this. "If he or she cheats on you, you should dump their ass! No questions!" — that tends to be the most common advice given but also the advice least followed, especially by the person giving the advice.

I never really know what advice to give, because I'm not in that particular relationship, and I don't know what the internal dynamics are, but here's the truth of it: I don't think that sleeping with someone else is the very worst thing that someone can do. I think cheating is bad if it violates an agreement or a promise that you two had made to each other, but as far as I can see,

there are worse things that a partner can do. His sleeping with someone else doesn't actually hurt you, unless you agree to be hurt by it and attach a lot of meaning to it that may not actually be there; it's an act that only very indirectly involves you.

I know people disagree violently with this, and I say it even though I have myself been cheated on, and I know how it hurt. But I also know that at a certain point I could choose not to be affected by it any more. It's a hurt that only hurts because we choose to let it hurt, and it's only as important as we allow it to be.

We place much significance on physical infidelity, but personally I think having a partner who's emotionally distant or undermining or possessive or aggressive or suspicious or abusive is far more damaging than someone who once slept with someone else when I wasn't there. I'm not saying cheating is okay, I'm just saying that there are worse things, and we should keep that in perspective when we're deciding what to do about it. If the cheating partner is honest about it and you can have

a good, meaningful conversation about why it happened, what it means, how you can fix things and what both of your expectations are going forward, I don't see why infidelity needs to be a comet hitting your relationship and killing everything inside it. Handled well, and with courage and honesty, it can possibly even be a catalyst for your relationship improving.

But the key — and this is what I told my friend — is that both parties need to be honest and brave. That includes him. If he chooses to forgive, he needs to actually forgive, and do so with an open heart. He needs to let go of his ego about having been cheated on; he has to love her more than he loves his own self-image. And he has to let go of who was right and who was wrong. I don't know if my friend can do that. Infidelity doesn't necessarily mean catastrophe, but unfortunately it tends to reveal as much about the character of the person being cheated on as it does about the person doing the cheating. ■

**NEXT WEEK:** Why would an ex want to be friends on Facebook?

# YOU THE FASHION JURY

## OUR PANEL



**MARIEKE MERTS**  
*Trend and fashion  
producer at Spree*



**ROXANNE  
LINDENBERG**  
*Grazia photographer*



**THALIA STRATES**  
*Owner and designer of  
Thalia Strates handbags  
and accessories*

**AND YOU**  
GIVE US YOUR CHIC  
CRITIQUE EVERY  
WEDNESDAY ON  
THE GRAZIA SA  
PAGE ON  
FACEBOOK

*Print's the word on the street these days! But who looked fab and who flopped?*



**ANNE  
HATHAWAY**

### MARIEKE

This outfit is so sweet! Love the quirky print on the blouse, love the retro sunglasses, love the detailing on the skirt. It's very Tavi-Gevinson-goes-to-Harvard. Into it.

★★★★★

### ROXANNE

I'm loving the A-line skirt trend, but this one makes Anne look frumpy. I also like the idea behind the outfit, but that counts for nothing if it's executed badly!

☆☆☆☆☆

### YOU

Not a good look. The top and skirt together make her outfit far too busy. Definitely a no-no.

**MARIANA  
MCINTOSH**

☆☆☆☆☆



**KERRY  
WASHINGTON**

### MARIEKE

I appreciate the attempt at clashing textures (who doesn't love a little leather and floral action?), but something doesn't work.

I wish there was *more* contrast, like a flared 50s skirt in the same print.

★★☆☆☆

### ROXANNE

Kerry looks so fresh in this outfit. I like the play on textures between the leather top and floral skirt. And those T-bar shoes finish her look off perfectly.

★★★★★

### YOU

Very funky look: relaxed, cheerful and well put together. I'd have chosen purple flats though.

**ADRI GRANT**

★★★★☆





JESSICA ALBA



**THALIA**

Jessica always has her glow on, and I think it's because she looks comfortable in whatever she wears. And she just happens to be nailing the 70s trend.

★★★★★

**MARIEKE**

I don't hate this outfit, I just find it a bit... bleh. Boho is great for off-duty style; I just wish the kimono was longer and more voluminous. Add a little drama to your day, Jess!

★★☆☆☆

**YOU**

The 70s trend isn't for everyone; this is not a great look on Jessica.

**NTHABELENG CYNTHIA**

★★☆☆☆



REESE WITHERSPOON



**THALIA**

I love how nonchalant Reese's look is. A statement day dress with neutral accessories – eye-catching yet effortless.

★★★★★

**ROXANNE**

I have no idea what look Reese is going for here, but it ain't working! I don't even know if a great pair of heels could save this ensemble.

☆☆☆☆☆

**YOU**

This dress is way too big for her petite body. A tighter fit paired with some nude heels would've been much more flattering.

**DOROTHY LOURENCO**

☆☆☆☆☆



GWEN STEFANI



**THALIA**

True to Gwen's signature style, this outfit is edgy, but the clever pairing of a more delicate top makes for a well-balanced, sexy yet classy look.

★★★★★

**MARIEKE**

I feel like the term "Yass queen" is appropriate here. You have to give props to Gwen for showing it's entirely possible to rock leather pants *and* be a 45-year-old mother of three.

★★★★☆

**YOU**

Best look of the week. The fashion-forward rock goddess is on fleek, as always!

**DEBRA ANN BADENHORST**

★★★★★



# LoveLoveLove



*'These shoes are the perfect addition to your summer wardrobe'*

Caylee Pharoah, Grazia fashion intern

## WINK WINK

Chiara Ferragni of famed blog The Blonde Salad has us lusting over her "flirting" espadrilles. Pair them with a flouncy skirt, skinny jeans or even a pretty summer dress. Available at Catheryne Gaeyla, R3 700.



# Just one thing!

River Island at Edgars, R879



Fashion Express, R179



Rage, R155



Hooked Apparel at Graziadaily.co.za, R950



Style Republic at Graziadaily.co.za, R275



Topshop, R899



## The kimono

ONLY R120!

Mr Price, R120



Ackermans, R140



**PERFECT OVER A BIKINI** at the beach or even dressed up with a pair of skinny jeans and cool boots, the Oriental-inspired kimono will be your go-to cover-up for those balmy summer days and nights. ■



# MORE FASH, LESS CASH!

*Get summer ready with this week's low-priced picks!*



THE BODYSUIT  
Jet, R70



THE PRINTED KIMONO  
Ackermans, R140

THE STONE  
STUDS  
Woolworths, R50



ONLY  
R50!

Compiled by: Caylee Pharoah. Pictures: Supplied.



THE CHAIN  
NECKLACE  
Zara, R199





**THE COIN  
PURSE**  
Witchery at  
Woolworths, R199



**THE ROUND  
SUNNIES**  
Fashion Express, R69



**THE SUMMER  
HAT**  
Exact, R140



**THE LEAF RING**  
Asos.com, R125



**THE PRINTED SHORTS**  
Foschini, R199

**THE FLORAL  
PLAYSUIT**  
Mr Price, R120



Scarf, R599, **Trenery**  
at **Woolworths**;  
dress, R2 650, **Morphé**

# OPPOSITES ATTRACT

We show you how to go all-out in layers of African print  
or simple and chic in head-to-toe white









**THIS PAGE**

Tassels (used as earrings), R20 each, **Fiona's**; dress, R550, **Beby**; trousers, R749, **Country Road** at **Woolworths**; heels, R559, **Zara**

**OPPOSITE PAGE**

Earrings, R149, **Bennt** at **Superbalist.com**; jacket, R1 799, skirt, R999, both **Guess**













**THIS PAGE**

Head wrap, R40/m,  
**Fiona's**; playsuit,  
R999, **Country Road**  
at **Woolworths**

**OPPOSITE PAGE**

Necklace, R450,  
**Skermunkil**; coat, R999,  
dress, R599, both **Mango**;  
wedges, R999, **Aldo**



**THIS PAGE**

Necklace, R459, **Topshop**;  
dress, R1 150, **Loin Cloth &  
Ashes** at [Graziadaily.co.za](http://Graziadaily.co.za);  
bag, R999, **Nine West**; heels,  
R1 199, **Forever New**

**OPPOSITE PAGE**

Earrings, R95, **Ellie**; sleeveless  
jacket, R1 199, **Zara**; trousers,  
R649, **Topshop**; heels,  
R499, **Cotton On**











**THIS PAGE**

Jacket, R650, **Afrodizzy**  
at **Graziadaily.co.za**; top,  
R459, **Zara**; skirt, R2 500,  
**Karen Millen**

**OPPOSITE PAGE**

Dress, R1 199, **Forever New**;  
bag, R2 650, **Fervens**; shoes,  
R3 100, **Karen Millen**







# SHOP

*the basics*

Here's the *Grazia*-approved list of the basics your wardrobe shouldn't be without. Perk them up with some fun accessories, and you'll be ready to tackle anything



# BRETON

## *stripes*

The Breton stripe is a wardrobe must-have! In 1917, Coco Chanel introduced the Breton stripe to the world, and since then it's been on *the* list of items to build your wardrobe around. This piece will easily take any look up a notch or two.



Factorie, R199



### WEAR IT WITH:

1



SHOP THIS ITEM ONLINE AT  
GRAZIADAILY.CO.ZA

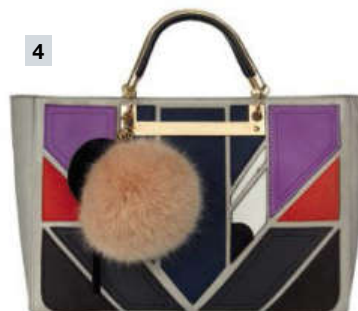
2



3



4



5



1. Style Republic at Graziadaily.co.za, R330
2. Accessorize, R399
3. Country Road at Woolworths, R549
4. River Island, R1 099
5. Mr Price, R130

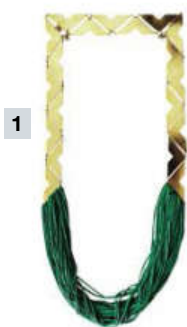




# THE LITTLE *black dress*

Going on a date? Dinner with friends? Job interview? Never fear, your LBD is here to save you. This dress can take you from day to night with some quick tweaks and accessories. And a girl can never own too many LBDs...

## WEAR IT WITH:



Mr Price, R120

ONLY  
R120!



1. Smith Jewellery, R1 300 2. Dune London, R1 300 3. Kurt Geiger at Spitz, R3 195 4. Lundun\*, R220

# WHITE *shirts*

Invest in a versatile white shirt or one that follows the style of the moment – this is one piece you should update every season. It's the easiest way to look chic without even really trying.

## WEAR IT WITH:



Trenery at Woolworths, R899



1. River Island, R779 2. Pretty Ballerinas, R3 600 3. Zara, R859 4. Calvin Klein at Swatch Group, R4 500





EUDON CHOI

UNIQUE

# CIGARETTE

## *trousers*

These pants have been a firm favourite since the 50s – they're flattering *and* versatile, making them a must-have item in every closet.



Foschini, R399



BARBARA CASASOLA



DAKS



DAVID KOMA

WEAR THEM WITH:



River Island, R479



Ted Baker at  
Stuttafords, R700



Carvela Luxe  
at Spitz, R1 950



American Swiss,  
R299





# TRENCH

## coat

This military-inspired jacket is our ultimate cover-up crush. It's perfect for both summer and winter – drape it over your favourite summer dress when it gets a bit nippy, and revive it to wear over knits on those chilly winter nights.



Zara, R1 599

### WEAR IT WITH:

3



1. Henriette Botha, R2 430
2. Dr. Martens, R899
3. J.W.Anderson at Maison Mara, R14 600
4. Melissa, R1 499

1



2



4



Words: Marishka Denicker. Compiled by: Marishka Denicker; Caylee Pharaoh.  
Pictures: Dis Photography; Supplied; Gallo Images/Getty Images.  
\*Sunglasses model numbers: (Lundun) L20412; (Guess) GS7341RD.





# BOYFRIEND

## *jeans*

These comfy jeans are a winner! Keep it cool and casual with sneakers and a tee, or pair them with heels and a jacket to dress them up.



Gant, R1 550

### WEAR THEM WITH:

1



2



3



4



5



1. Trenery at Woolworths, R999

2. Tiger of Sweden, R6 199

3. Guess\*, from R1 350 4. Radley London, R300

5. Aldo, R999



1

#### HI SHINE

Dove Pure Care Dry Oil Treatment Mask, R100, blends African macadamia, coconut and sweet almond oil to get your hair's natural shine back.



2

#### GET THE GLOW

Infused with light-reflecting pearls, Piz Buin's Instant Glow, R199, illuminates your skin while protecting it from harmful UV rays.



## BEAUTY CHARTS

*Stuff to get*

This week, we're getting our shimmer on – inside and out!

5

#### TURN BACK THE CLOCK

Each weekend, replace your normal face moisturiser with Le Weekend De Chanel Édition Douce, R1 405, to restore your skin's natural balance.



4

#### BYE-BYE BOTOX

Increase your skin's elasticity from within with Collagen Lift Paris daily collagen drink, R680 per box.



3

#### SKIN BOOST

Infused with soothing oat milk, Lush Dream Cream Hand and Body Lotion, R195, gives your skin great relief from eczema.





# LoveLoveLove



*'This is the perfect  
summer exfoliator  
to scrub away all  
that sticky sunscreen!'*  
Sinead Martin, Grazia beauty editor

## **VIRGIN MOJITO**

**EXFOLIANT CORPOREL**

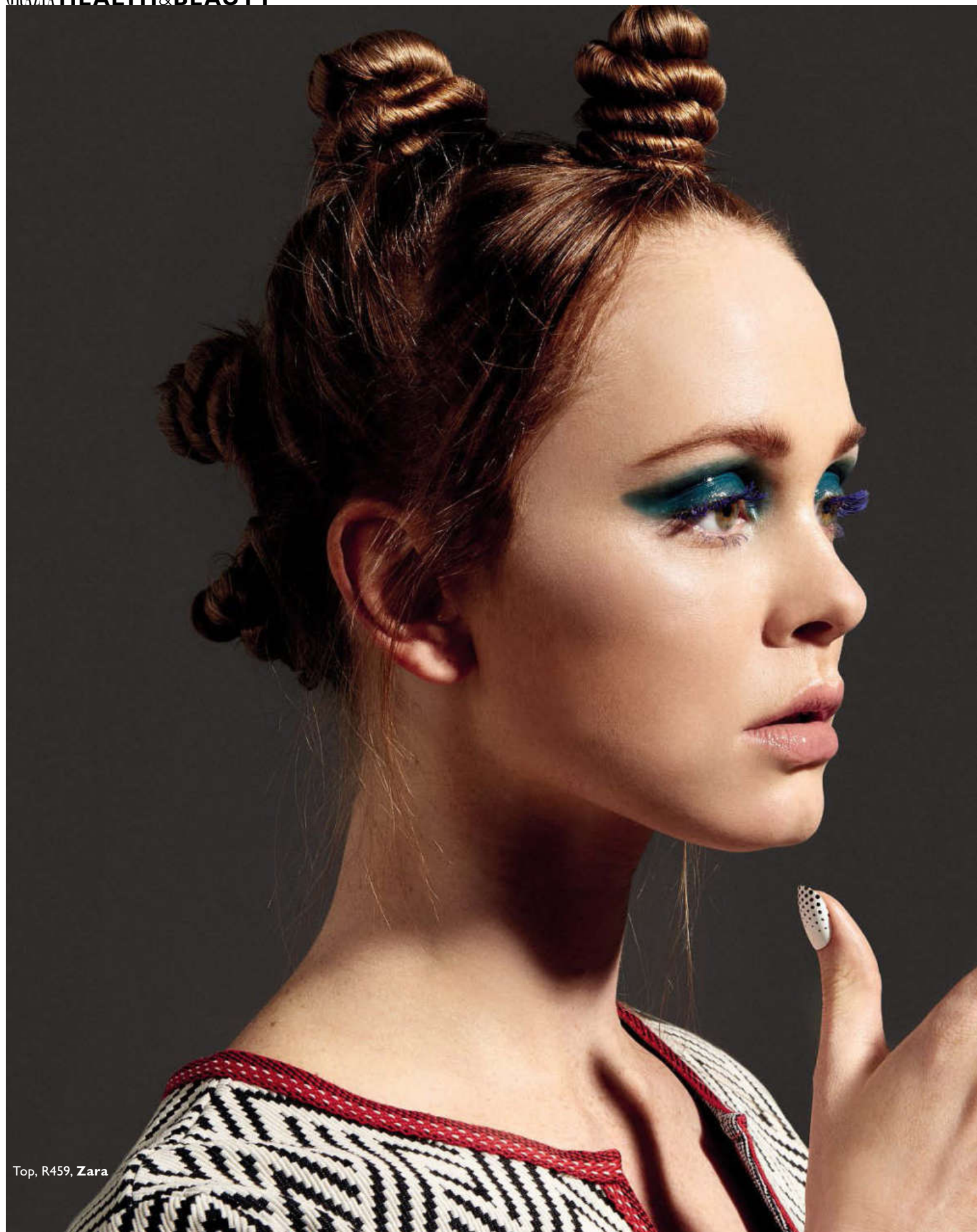
Aux extraits de citron vert et  
de menthe des Caraïbes

250 ml 9.0 OZ (255 g)

## **SCRUB FRESH**

Nothing says summer quite like the refreshing scent of mojitos, with their crisp blend of mint and lime. Bring summer (and cocktail hour) into your bath with The Body Shop's limited-edition Virgin Mojito Body Scrub, R150.





Top, R459, Zara



# Festival FIX



## GLASTONBURY GLAM

Zulu topknots will be the ultimate hairstyle this festival season. Last seen on the Marc by Marc Jacobs Spring 15 runway, the twisted topknots took inspiration from the 90s English rave culture. When it comes to festival make-up, just about anything goes, even electric blue eyelids and lashes. Sweep Woolworths Wink Trio Eyeshadow in Into The Deep, R50, across your whole eyelid, and then apply a layer of clear Essence XXXL Shine Lipgloss in 01, R35, over the eyeshadow to give it a glossy effect. Cheat festival nail art with patterned stick-ons from Elegant Touch, R90.

PHOTOGRAPHER **DARREN GWYNN** / STYLING **SINEAD MARTIN**





## WOODSTOCK WHIMSICAL

No festival look is truly complete without an exotic headpiece. The key is to style your hair to complement your chosen headgear – rather than competing with it. Feather crowns bring an update to floral headpieces, and your make-up should reference this Native American inspiration too. Use the white liner of the Dr. Hauschka Kajal Eyeliner Duo, R296, to draw a thick line across the bridge of your nose. A smoky eye completes this look; try Bourjois Smoky Eyes Trio Eyeshadow in Gris Lilac, R125.





## DAISY DARLING

Metallic stars dominated the Tommy Hilfiger Spring 15 catwalk. This quaint yet playful look is perfect for Rocking the Daisies. Use Dior's Fluid Shadow, R445, to decorate your cheeks with metallic stars. If you're concerned about it smudging because of the heat, simply apply the fluid shadow to your eyelids. Pull your hair up into a festival-friendly topknot and remember to apply a high SPF to the back of your neck as well as your face.

### THIS PAGE

Star headpiece, stylist's own; blouse, R759, **Zara**

### OPPOSITE PAGE

Feather headpiece, stylist's own; dress, R649, **Topshop**; waistcoat, R1 399, **Zara**





### *CAMPING CHIC*

Pulling off creative hair and make-up looks while staying in a tent can be tricky. Our suggestion? Let your hair hang naturally and show off your dewy skin. Coat your eyelashes with a swish of trusty mascara like Estée Lauder's Double Wear Zero-Smudge Lengthening Mascara, R345, and then tie your look together with a bright lipstick. We like Clinique's Long Last Soft Matte Lipstick in Crimson, R290. Its long-lasting formula means fewer touch ups!



**THIS PAGE**

Necklace, R229, **Accessorize**;  
dress, R649, **Topshop**

**OPPOSITE PAGE**

Blouse, R759, **Zara**

**COACHELLA COOL**

Swarming with celebrities, this year's Coachella gave us countless fest-fashion inspiration. The biggest trends we spotted were graphic prints and unexpected braids. Break the ultimate rule, and match your make-up to your outfit. Use Wet n Wild Color Icon Eyeshadow Palette in Art In The Streets, R90, to combine bright colours. Then take it to the next level by drawing graphic lines across your temples using Smashbox Always Sharp 3D Liners, R270 each. ■



# Beauty GIVES BACK

In support of October's Breast Cancer Awareness Month, a number of beauty houses have come together to donate a portion of their proceeds to cancer foundations like Look Good...Feel Better and Cancer.vive with the aim of keeping the cancer conversation alive

## BEAUTY *with a purpose*

The Look Good...Feel Better foundation helps women cope with the appearance-related side effects of their treatment and to date has assisted more than 22 500 South African women undergoing active cancer treatment. Patients are invited to attend two-hour makeover sessions, which are designed to leave each person "feeling so confident, she can continue to deal with the disease and face the world with confidence," says programme director Margaret Hewson.

The programme's national coordinator, Charmaine van Schalkwyk, explains more. "There are 26 visible side effects that we

address during the workshop. However, that is the tip of the iceberg. What you see might be the side effects, but what you do not see is fear, vulnerability and loss of control." Ultimately, the programme's goal is to uplift the patients to feel better and stronger within themselves. Gail Butcher says the workshop did just that for her. "You feel like a new person when you walk out of there. I thought I couldn't wear make-up anymore because my eyelashes fell out, but they showed me a few beauty tricks that made me feel so much better. I left feeling like a lady again."





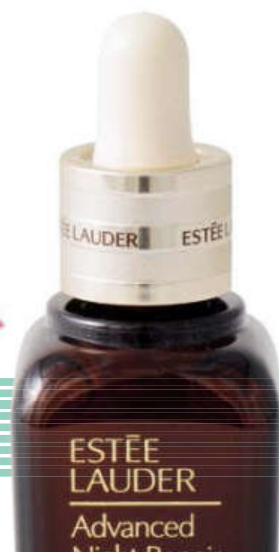
L'Oréal Professional donated R5 to the Look Good...Feel Good foundation for every product sold from their Vitamino Color AOX range during the month of September, and eyeSlices will also donate R5 to the foundation for every pair they sell this month.

## WE ARE stronger together

The Estée Lauder Companies' 2015 breast cancer awareness campaign has brought together women, men and families in more than 70 countries to help defeat breast cancer in their own unique ways, raising almost R800 million worldwide. This year's theme – "Let's Defeat Cancer. We're Stronger Together" – celebrates all the things we do together to fight the disease. Whether it's wearing a pink ribbon in honour of a friend, reminding a loved one to schedule her yearly appointments, volunteering or donating to research – every effort is celebrated and has a greater impact when we do it together.

For the whole of October, proceeds from the sales of Clinique Dramatically Different Moisturizing Lotion, R680, and Estée Lauder Advanced Night Repair, from R700, will also go to Look Good...Feel Better.

Words: Sinead Martin.  
Pictures: Gallo Images/Getty Images; Supplied.



'You feel like a new person when you walk out of there... I left feeling like a lady again'

## CANCER.VIVE

Cancer.vive is a survivor-driven NGO dedicated to cancer awareness, education and keeping the conversation alive. Last month, 60 cancer survivors and supporters travelled 2 000km over ten days through three provinces on motorcycles to raise awareness. As the headline sponsor, Revlon and its national make-up artist, Vuyo Varoyi, created a lip look in support of the 2015 Cancer.vive Ride. Revlon customers were encouraged to use the Revlon Ultra HD Lip Lacquers, R130 each, to recreate the look and show their support by posting their pouts on social media with the hashtag #CviveREVLONLips.



## Early warning signs of cancer

- \* Any lump or unusual thickening or swelling anywhere on your body.
- \* Change in abnormal bowel or bladder habits, including pain or difficulty in passing urine, or blood in your urine.
- \* Any sore on the skin that doesn't heal.
- \* Change in any wart or mole – colour, shape, size or bleeding.
- \* Unexplained weight loss.
- \* Hoarseness of voice, persistent cough or difficulty in swallowing.
- \* Any bleeding or unusual discharge from any orifice.
- \* Persistent indigestion or vomiting.

*If you are unsure about any of these signs, consult your doctor or pay your local clinic a visit.*





ICEBERG

Hair follicles contain a natural oil called sebum that is responsible for keeping your tresses healthy and conditioned. Frequent shampooing can cause sebum to be stripped from your coiff and irritate your scalp. Cue the 'no 'poo' movement

## WOULD YOU JOIN THE 'NO 'POO' MOVEMENT?

### BLOGGERS AND HAIR-HUGGERS

all over the world are going back to basics (like 1800s basic) and swearing off shampoo in the name of a healthy, self-sufficient mane. Their trick is to replace shampoo with a gentle alternative such as baking soda (mixed into a paste with water) and to condition with apple cider vinegar.

### THE LOWDOWN

As your oil glands start working again, you may produce a little too much sebum and experience that (awkward)

oily look for a few days. However, during this period it's key to ignore the urge to revert back to using shampoo. Once your body realises this excess sebum is no longer needed, your oil glands will find their natural balance. This can take anything from two to six weeks, depending on how often you shampooed previously. Until then, brushing your hair regularly will help to distribute the oils evenly and prevent build-up around the hair follicles.

### TOP TIP

While many have thanked the revolution for softer, fuller and bouncier hair, avoid trying this out when you have any important events to attend.





Words: Sinead Martin; Daniela Morosini. Pictures: Gallo Images/Getty Images.



## KEEP 'EM PERKY

We all know that having a baby, breastfeeding and generally just racking up more birthdays result in less elasticity and collagen (the connective tissue under your skin), making your set sag. We're sorry for bringing more bad news, but there are some everyday habits that also affect your breast tissue. Smoking and skipping sunscreen both affect the skin on your breasts and lead to premature ageing – but the most shocking to us was the impact of crash dieting (eek!). Every time you lose or gain a considerable amount of weight – about 10kgs or more – your breast tissue slackens. So stay away from yo-yo diets, and rather adopt a healthy lifestyle. Losing weight at a slower pace is better for your body anyway.

# Health & Self

*We bring you this week's hottest health news*

## PROCRASTINATORS, DECODED

Have you ever wondered why you seem to procrastinate more on days when your to-do lists are the longest? Fuschia Sirois, a psychology professor at Bishop's University in Quebec, says this is merely a coping mechanism to escape the pressure you feel when you need to complete your tasks. Fuschia reasons that

procrastinators immerse themselves in leisure activities like gaming, online shopping and even daydreaming to avoid stressful, important tasks. However, she discovered that after visualising the positive feeling of completing their to-do lists, procrastinators feel more motivated to tackle them.



## DITCH SUGAR...

### FOR REALS!

*No-sugar diets are getting some serious attention right now, but sugar seems to be in just about everything we eat, and not knowing what to cut out from our diets can be pretty overwhelming. Here are a few substitutes to help you avoid those nasty hidden sugars:*

#### SWAP...

tomato sauce  
wheat pizza base  
white bread  
flavoured yoghurt  
sugary cereal

#### FOR...

salsa  
cauliflower pizza base  
rye bread  
yoghurt with fruit  
oats



## JUMP ROPE

Did you realise that skipping is one of the best cardio and HIIT (high-intensity interval training) workouts you can do? Neither did we – until we discovered that it can burn up to 1 300 calories an hour, and not only is it less impactful on your joints than running, it will also burn more calories in the same period of time than your morning jog. This handy full-body workout is also a great way to tone your thighs and calf muscles while working your abs and arms without even having to hit the gym!



# WEEK IN

WEEK OUT

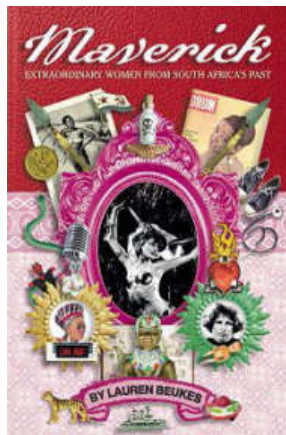
CULTURE INTERIORS TRAVEL FOOD



1

## SET THE PVR FOR MASTERS OF SEX S3

The 60s are almost over, but Masters and Johnson are still leading the sexual revolution. The pair finally get the recognition they deserve from publishing their findings in *Human Sexual Response*. **Begins October 15, 9pm, M-Net Edge**



3

## READ MAVERICK

Lauren Beukes heads back to her non-fiction roots to pay tribute to some of South Africa's most inspiring and daring women, like *Drum* cover girl Dolly Rathebe and snake-dancing stripper Glenda Kemp. **Penguin Random House, R220**



2

## HANG WITH THE FROW AT SA FASHION WEEK

The Crowne Plaza Hotel in Rosebank will be the destination of choice for fashion lovers across Joburg. We can't wait to see what Black Coffee, Clive Rundle, Colleen Eitzen and Rubicon have planned for A/W16. **October 22 to 25, Computicket.co.za**



4

## PACK A PICNIC FOR MAFIKIZOLO

The Afro-pop superstars will be making their way to the Durban Botanic Gardens for the next instalment of the Old Mutual Music at the Lake series, and you just know the good times are guaranteed. **October 18, Webtickets.co.za**



5

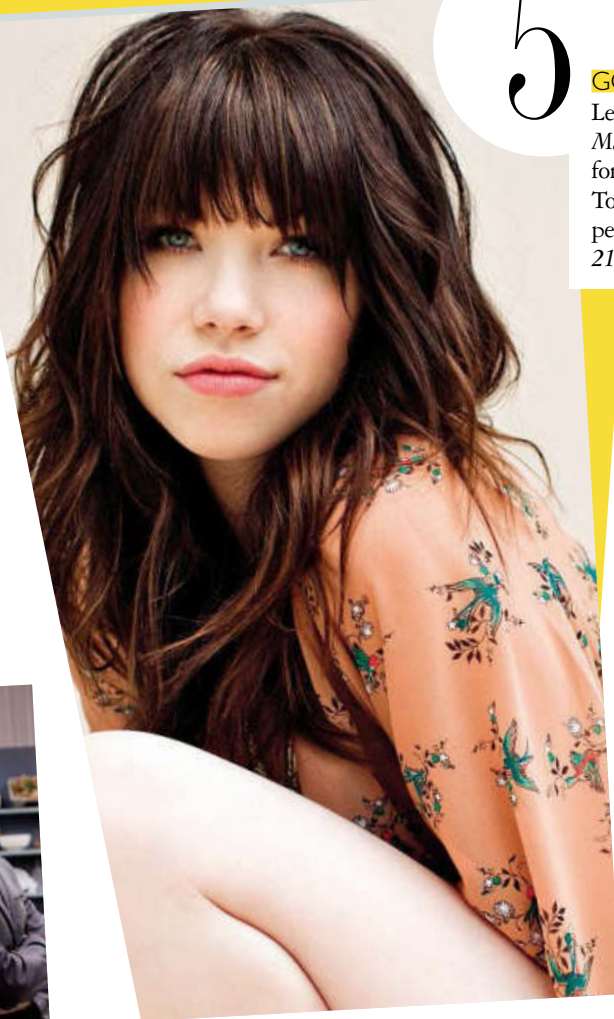
## GO SEE CARLY RAE JEPSEN

Let's not kid, we all know the lyrics to *Call Me Maybe*. There's no denying that Carly has a knack for creating an infectiously catchy pop track. Even Tom Hanks is a fan! If you are too, don't miss her performances in Cape Town and Pretoria. **October 21 and 24, Computicket.co.za**

## BE INSPIRED BY THE GREAT SA BAKE OFF

6

With YouTube sensation Anne Hirsch and funny man Donovan Goliath teaming up to host, and a whole crop of phenomenal local bakers battling for top honours, we're pretty sure we've found our new TV obsession. **Tuesdays, 8pm, BBC Lifestyle**



## GET WET AT SLIDE JOZI

For one day only, the whole of West Street in Sandton will become a giant slip 'n slide – we're talking 300m of pure fun. If that's not all of your childhood dreams come true, then we don't know what is. There'll be food, booze and live music too. Win! **October 17, Slidejozi, nutickets.co.za**

9



## EAT OUT AT THE NATIONAL

This eatery in Parktown North boasts a menu filled to bursting with seasonal, locally sourced fare. Thanks to their in-house smoker, you'll be able to taste everything from smoked pork tacos to smoky macaroni and cheese. **Facebook.com/TheNationalEatery**



## DON'T MISS LITTLE DRAGON IN SA

These Swedes completely left us wanting more when they first toured SA in 2012, so it's with a happy heart that we welcome the quirky electro band back for round two. Cape Town and Jozi, miss this and miss out. **October 16 and 17, Webtickets.co.za**

8

## WATCH ME, EARL AND THE DYING GIRL

A hit at this year's Sundance Film Festival, this bittersweet coming-of-age tale sees newcomer Thomas Mann finally learn to break down his friendship boundaries when his parents make him spend time with a girl called Rachel, who has just been diagnosed with leukaemia. **Opens October 16**





YOU NEED TO LISTEN TO:

# CONNELL CRUISE



Words: Guinevere Davies. Picture: Meredith Truax.



Last year, he caught the attention of LA Reid, the mega American record label boss, with his cover of Avicii's *Wake Me Up*. Joburg boy Connell Cruise has since made the move to NYC to record the follow-up to his self-titled debut. *Into The Wild* is the result – and it's amazing. Connell tells *Grazia* about homesickness, being virtual friends with Perez Hilton and his ultimate jam

**IT'S BEEN TWO YEARS SINCE YOUR DEBUT ALBUM DROPPED. DID YOU FEEL ANY PRESSURE WHEN THE TIME CAME TO WRITE AND RECORD INTO THE WILD?**

Wow, it has been two years... Hectic. The truth is we were on track to release my sophomore album by the middle of last year. *Into The Wild* was geared to be the first single, and I'd been in studio recording the album since January. We released *Into The Wild* early, and the reaction totally blew us away. It changed everything. We put the songs I'd recorded previously on hold and started working on new material. I began collaborating with incredible writers, and out of those songs we put together an EP that would be my introduction to the world. That's where the *Into The Wild* EP comes from. There wasn't any feeling of pressure, nor was it "easy". We didn't really stop to think about where it was heading or what we were doing; we just ran with it. And I guess we're still running with it. [Laughs.] That's life, right?

**WHAT WAS YOUR DAY JOB BEFORE STARDOM CAME CALLING?**

I used to house-sit for a company in Johannesburg. I also tutored art history and English lit for a while. Did the waiting thing at a family friend's restaurant too... For the most part I was a piano teacher – right up until last year, in fact. Those are still some of the happiest memories of my life.

**WHAT HAS BEEN THE BIGGEST ADJUSTMENT TO SWAPPING JOBURG FOR NYC AND LA?**

Other than missing my family and friends, it's the little things you take

for granted that I miss most. Things like trying to outsmart the 7am traffic, tuning into 947, Jacaranda or 5FM and knowing you're going to hear Whackhead, Frankie Fire or DJ Fresh, running down to the Spar because you forgot to get bread rolls for Sunday lunch and knowing exactly which aisle to head to... I miss hearing all our beautiful languages dissolving into background music at restaurants, knowing the streets around my home like the back of my hand and being able to get a cellphone charger or superglue at a robot anytime the fancy strikes. Those are the things on the periphery of life in Joburg, but there's a comfort to them. That's what makes a home town a home town – knowing its secrets. That's what I miss.

**YOU ADMIT YOUR LYRICS ARE QUITE AUTOBIOGRAPHICAL. WHICH SONG ON INTO THE WILD WAS THE MOST DIFFICULT FOR YOU TO RECORD?**

It's called *I Am Your Man*. That song means a lot to me for many reasons. One of the things about my character is I don't casually discuss feelings with people I care about, not easily anyway. When people ask me, "How're you doing?" the answer is always, "I'm well, thanks," mostly because I haven't really thought about it that much. When we were writing this song, it was as if all these feelings and thoughts that had been lurking at the edge of my mind suddenly poured out, and it gave me a chance to put into words exactly what was going on in my heart.

**WHAT HAS BEEN THE BIGGEST LESSON AN EX HAS TAUGHT YOU?**

That the end of a relationship is not

the end of the world. And that it's okay to not be friends when it's all over.

**WHAT'S IT LIKE HAVING PEREZ HILTON AS A FAN?**

[Laughs.] We've only tweeted each other a couple of times. When we meet up in real life, I'll give you the scoop.

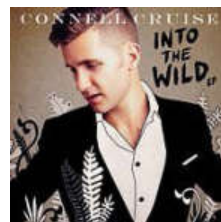
**YOUR SONGS HAVE A HABIT OF GETTING STUCK IN OUR HEADS FOR DAYS! IS THERE ONE SONG IN PARTICULAR THAT YOU CAN LISTEN TO NON-STOP?**

*I Want You Back* by The Jackson 5.

That's my jam.

**WHAT WAS THE LAST THING THAT MADE YOU LAUGH OUT LOUD?**

So, I'm on this promo tour around the States and on the LA leg of the trip I'm driving around with the president of ThinkSay Records, Brad Davidson, and his team. We've got this tight schedule trying to get to several radio stations before catching a flight to New York. We're all doing our own thing in the van. I'm reading, Brad is looking out of the window, and we're driving through the centre of Hollywood. All of a sudden Brad pipes up, "Guys, check out this Chewbacca on the side of the road here." We all look up, and right on the curb is a man (or woman) standing out in the LA sun, fully decked out in an actual Chewbacca costume. I don't know why, but it hit us hard; we were laughing till our sides hurt.



Download Connell Cruise's EP *Into The Wild* (Island/David Gresham Records) now via iTunes





# DO THE KAMA SEATRA

We all know what a pain in the neck (literally) it can be to sleep on a plane. Now, thanks to this guide from Cheapflights.co.za, you can find the best aircraft sleeping position to settle into for a snooze fest on your next long-haul flight



## THE MILE-HIGH-MAINTENANCE HIBERNATOR

If you want to curb jet lag and get some much needed Z's on a flight – especially if you're travelling cattle class – then come prepared. Remember to wear your comfiest socially acceptable attire. Yes, we're giving you permission to don sweatpants. If it's a night flight, as

soon as the seat belt sign is switched off, head to the loos to brush your teeth, wash your face and do your business. Then prepare to stay put in your seat. Throw on the socks provided, pop a sleeping pill, arch your seat back as far as it will go, put in your earplugs and pull down your sleep mask. And what would a good night's sleep be without your aeroplane pillow and complimentary blanket? Sweet dreams.



## THE SPOONER

This one's for the lovers... True, it's already a tight squeeze in those seats – but consider getting close to your

SO by using each other for support and a better night's sleep. Rest your head on each other's shoulders, and share blankets and pillows – just don't pull a Chrissy Teigen and John Legend by trying to join the mile-high club while you're about it. Flip that armrest up, and then decide who's going to be resting on whom first. If you have a window seat, even better. Put your pillow against the wall, and let your partner rest their head on your shoulder while you both head to REM town. Win-win.





### THE FOETAL POSITION

If you're petite, then this is the go-to position for you to get some shut-eye at 11.6 kilometres. Curl up comfortably – legs and all – even in cramped economy-class conditions. Foetal positioners tend to pick

window seats, tuck themselves into tiny balls and cosy up to the cabin wall, falling just short of contortionist status. To achieve this pose, bring your feet up, and set them flat on the seat. Wrap your arms around your legs, rest your face on your knees, and fall into a deep slumber. Be warned, this position is only for the naturally limber.



### HIT THE TR-HAY

Where others see nothing more than a surface for balancing food and laptops, hit the tr-hayers see glorious plastic pillows. Pull out your tray table, and tell the stewardess you won't be needing anything else. Use your folded arms to make a light-blocking support for your face. Add extra comfort by piling sweatshirts and pillows onto your tray table.



### GETTING LEGGY WITH IT

If you're a tall traveller you're looking for just one thing: extra legroom. For the best possible night's sleep, recline your seat, place a pillow at the small of your back, and extend your legs under the seat in front of you. The goal here is to make your body as straight as possible.



### THE STRAIGHT-JACKET

Arms crossed, knees bent, feet on the floor: this is the ultimate upright and locked position. If you're one of the oh-so-fortunate flyers who can nod off sitting straight up – sometimes before the plane even takes off – then this one's for you. Leave the seat up, place your hands in your lap, turn your head slightly in the direction of whichever seatmate you prefer, and close those eyes. This is the best sleeping position for extremely crowded situations.



### THE LUCKY LOUNGER

The faux-bed is the gem of sleeping on a plane, especially if you can't afford to rest like the rich in business class. But it does come with a catch, as it requires a full row of empty seats. It's rare, but it has been known to happen. Request a blanket, grab a pillow, and sprawl yourself all up over that row. It's no first class, but hey, it's still double the expected space.



### THE REVERSE PASSENGER

If you're into living dangerously, once the seat belt light dims, turn around, kneel on the ground, and use your seat cushion as a pillow and your arms to rest your head on. It may seem unconventional, but it can be super comfy for a few hours' rest. But be warned: you will get sceptical looks from your fellow passengers, and the flight attendants may keep bugging you to buckle up. After all, you could be in for a pretty wild ride *sans* seat belt.



# 10 QUESTIONS

These are the questions you need to ask to get to know someone. We found out that Lara Butlion, the head buyer at one of our fave online retailers Superbalist, is a glass-half-full person, a mama to four fur babies and makes a mean spag bol

## WHO ARE YOU CLOSEST TO?

My husband. I was an independent woman who didn't believe in the antiquated ritual of marriage. But on a trip to Hong Kong after ten years together he got down on one knee, and I realised I couldn't say no.

## WHAT IS YOUR EARLIEST MEMORY?

Being pushed by my older sister on a red swing while wearing a party dress. I think I was about four. She always complained that, as the youngest, I was a spoilt brat, but I maintain it was because I was the cutest!

## WHAT IS YOUR BIGGEST FEAR?

Really, my greatest fear is not making time for all the things on my bucket list. First up: seeing and walking the Great Wall of China.

## WHAT DO YOU VALUE MOST IN A PARTNER?

Trust and the ability to laugh at oneself.

## RELAXATION IS...

Sunday breakfast in Cape Town's CBD, but it has to be dog friendly, for my two English bulldog puppies – Bentley and Miss Snooki!

## WHAT ARE YOU BEST AT DOING?

Everything! But seriously, I make delicious bolognaise.

## TELL US SOMETHING ABOUT YOU THAT WILL SHOCK US...

Er, I wish I had something juicy to share, but honestly, I'm pretty boring.

## WHEN DID YOU LAST FEEL REALLY HAPPY?

Today, when I arrived home from a tiring overseas trip to be greeted at the door by my baby Snooki with excitement and kisses.

## WHAT IS YOUR GREATEST REGRET?

I have no regrets; I've learnt some great lessons. Like not to sweat the small stuff, and that no matter what life throws at you, a positive attitude goes a long way.

## WHAT'S THE ONE THING YOU'D CHANGE ABOUT YOUR LIFE?

Nothing. I have a job that is challenging in a company I'm truly passionate about, an incredible husband and our four fur babies – Toets, McNulty (the cats), Bentley and Miss Snooki – to love.

*See Superbalist.com for the goodies Lara's found for us.*



Words: Guinevere Davies. Picture: Supplied.



## SUMMERTIME DELIGHTS

The living is easy when you always have something yummy to serve. These cookbooks will help...



### MARKET FOOD

**Authors:** Dianne Stewart, Lissa Stewart and Jessica Cairns  
The authors sampled fare from SA's best markets, and this book

is the result. Use it to find great spots – in bustling harbour precincts, lush wine estates, parks or inner-city warehouses – and track down ingredients for any dish that tickles your fancy!

**Price:** R295



### SEASON'S BOUNTY

**Author:** Sophia Lindop  
*Cooking With Nature's Abundance* is an apt subtitle here. Inspired by her mother and

her Lebanese and Afrikaans grandmothers, Sophia gives a modern twist on using up fresh produce in oversupply during different seasons.

**Price:** R240



### THE SUPPER CLUB

**Author:** Phillippa Cheifitz  
It has 90 easy recipes for all occasions, from basics such as lemon olives and feta appetisers, to crumbled lamb pie and delicious desserts such as warm ricotta cheesecake and hot cherry sauce. Delicious drinks are in here too.

**Price:** R300



### ALL SORTS OF SALADS

**Author:** Chantal Lascaris  
It's about more than lettuce! Over 70

delicious recipes for main and side salads are in this book. The recipes are simple enough for novice cooks, yet will also provide loads of inspiration for more adventurous home chefs.

**Price:** R230

## *Exotic crunch: Blue cheese crostini with balsamic roasted grapes*

If you've invited friends to your house for dinner this week, impress them with a platter of crunchy crostini to kick things off.

### Ingredients (Serves 4)

2 cups halved seedless red grapes  
2 tbsp balsamic vinegar  
1½ tbsp minced shallot  
2 tsp olive oil  
½ tsp light brown sugar  
¼ tsp salt  
1 (340g) French baguette, cut into 15 to 20 (1cm-thick) slices  
3 tbsp butter, softened  
60g crumbled blue cheese, softened  
⅓ cup chopped toasted pecans  
fresh mint, to garnish

1 Preheat the oven to 275°C. Toss together the first six ingredients. Arrange the grapes in a single layer in a small roasting pan; roast for 15 to 20 minutes, or until the grapes shrivel and the liquid forms a thin syrup. Remove the pan from the oven.  
2 Increase the oven temperature to grill, with the oven rack about 18cm from the heat. Arrange the bread slices in a single layer on a baking sheet. Mix together the butter and cheese, and spread the mixture evenly over the bread slices. Grill for 2 to 3 minutes, or until browned and bubbly. Spoon the grape mixture over the toasted bread, and sprinkle with pecans. Garnish with the fresh mint.

*Recipe from Belle's Patisserie*



**AH, SUMMERTIME.** Close your eyes, and you can already smell the balmy air, the smoky braais and the sweet scent of sunscreen. There are lots of ways to enjoy a gathering of your closest friends in the comfort of your own backyard, so what are you waiting for? All you need are some lights, chairs and comfy cushions – and you're ready to get the festivities on

# TIME FOR A BACKYARD PARTY



Tealight holder, R249, The Gatehouse



Plastic swirl cups, R50 each, Mr Price Home



Cushion covers, R349 each, Skinny laMinx



Coloured tumblers, R40 each, Poetry



Malawi chair, R1 080, Amatuli



Woven place mat, R90, @home



Itawuli towels, from R194 each, Mungo.co.za



Boxer or wrestler bop bags from Intex, R60 each, Crazy Store



Waterproof LED solar lantern, R219, Yuppiefchef.com





Braai set, R449, Yuppiechef.com



Disposable camera, R199, Superbalist.com



Pack of lanterns, R80, Mr Price Home



Kettle braai, R150, Pnp.co.za



Platter, R170, Woolworths



Beach umbrella, R469, Makro



Lounge cushion, R450, Woolworths



String lights, from R110, Hoi P'loy



Bottle candleholder, R120, Graziadaily.co.za

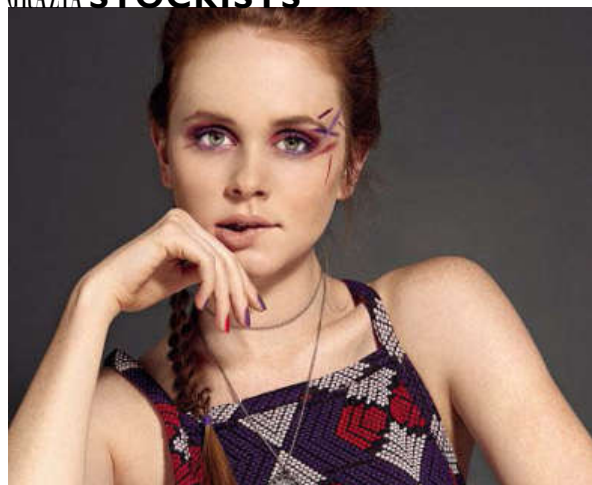


Daybed, R11 995, Weylandts



Glass bottles in wooden crate, R120, @home





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# PARTY PEOPLE

*PLACES to go,  
THINGS to do,  
PEOPLE to see*

## Glowing pink

Hyde Park Corner in Jozi was lit up in pink for Estée Lauder's Breast Cancer Awareness Campaign event. Guests sipped on pink drinks and nibbled delicious canapes, while bidding for their favourite items on offer, or paying to play a mini tennis match on the Moët & Chandon court. The proceeds from both will go to the Look Good... Feel Better foundation.



Scorekeeper for the Moët & Chandon mini tennis matches



Zoleka Zim, Liesl Laurie and Noreen Kajee



Lee-Ann Liebenberg and Nicky van der Walt



Vicky Crease and Tarryn Louch



Kevin McLennan and Kamini Pather



Irina Doman and Cassidy Taylor-Memory



Somizi Mhlongo



Hyde Park Corner



Lex Leo and Olga Golbert



Mampho Brescia and Maps Maponyane



Zuraida Jardine and Joshua Lindberg



Twins on Decks



# PARTY PEOPLE

*PLACES to go,  
THINGS to do,  
PEOPLE to see*



Kendall Jenner  
and Gigi Hadid



Hailey  
Baldwin

Alek Wek



Izabel Goulart



Zendaya

## Vogue's anniversary gala during PFW

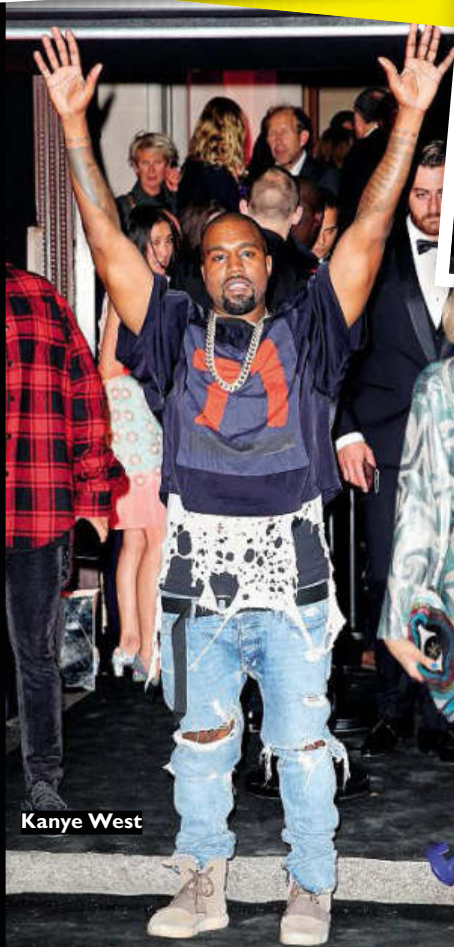
When the world's fashion bible turns 95 – in the middle of Paris Fashion Week, *nogal* – you can expect an A-list turnout. For French *Vogue's* 95th-anniversary gala, celebs from all over the entertainment world made extra-special efforts to look super chic for the occasion. Except Kanye.



Sasha Luss



Coco Rocha



Kanye West



Sabine Getty



Constance  
Jablonski



Miroslava  
Duma

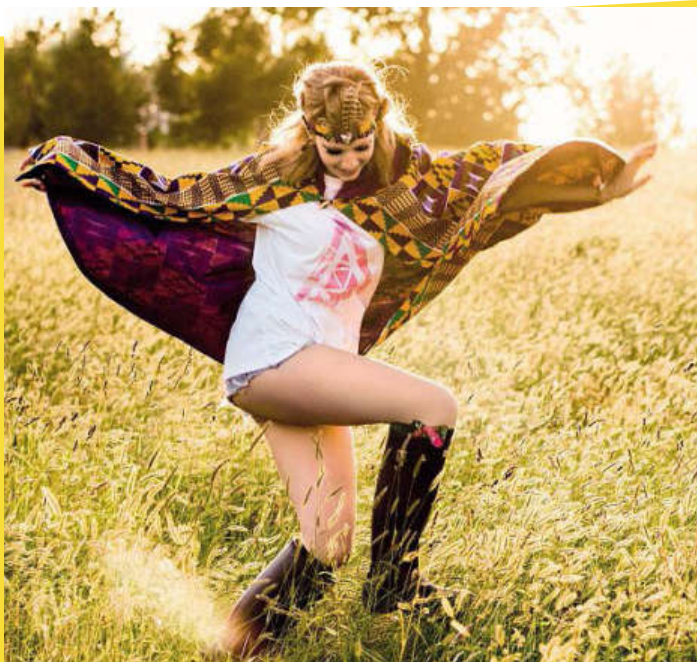


Elena  
Perminova

**WHAT** French *Vogue's* 95th-anniversary gala  
**WHO** Gigi Hadid, Joe Jonas, Alek Wek, Jared Leto, Rihanna, Kendall Jenner, Kanye West, Kris Jenner, Hailey Baldwin  
**WHERE** 51 Avenue d'Iéna, Paris

Pictures: Gallo Images/Getty Images.





By Orli Lysen

### TAURUS *April 21 – May 20*

This week's new moon pinpoints health as your way to happiness. This is backed up by the cosmos showing you how the pursuit of well-being can be linked to pleasure. You might find a class or course that you love or find romance and happiness as you explore a route to better self care. Keep things simple. Throwing finance at fitness is not the answer.

### GEMINI *May 21 – June 21*

You're going to love this week, as not only does romance get a cosmic kickstart with the new moon, but your home life gets extra energy thanks to the moon's north node. The node brings a sense of destiny, so life may get easier at home as you're getting extra space (in every sense). Put added effort into your career to balance things out.

### CANCER *June 22 – July 23*

The urge to beautify your home could strike now. You might be looking at ways to make it more eco-friendly, researching the best green options as well as the best deals. Research and learning become more important for you, as if it's your destiny to acquire knowledge. Purity and simplicity is in, as is being bold enough to tell someone close how you feel.

### LEO *July 24 – August 23*

The new moon gives your relationship a boost. This could involve taking a short trip or improving communication. So, you could perhaps find romance on a bus journey if single or if coupled up, you could find out what's really on your lover's mind through a diplomatic dialogue. Money (and learning how to handle it better) is a key issue from now on.

### VIRGO *August 24 – September 23*

You, your finances and your home are the focus of this week's cosmic line-up. The moon's north node moves into your sign for a lengthy stay, so what happens next may seem like coincidence, but it's all meant to be. These are amazing times for you with lucky Jupiter in your sign too. Your finances improve thanks to the new moon, and home life gets happier.

### LIBRA *September 24 – October 23*

It's a special week for you with an energising new moon in your sign. There's been a sense of things happening for a reason over the past year, and if you look back, you'll see that you were in the right place at the right time in order to make the next correct move. Your new mission is to set boundaries and develop strength of mind that lets you spend time alone to develop a skill.

### SCORPIO *October 24 – November 22*

The connections you have or make now are about to be super important. Unleash your inner team player rather than your inner lone wolf as destiny helps you to meet the right people to help your big dreams – and theirs – take flight. You might lose a friend or two as your needs and theirs diverge, but new friends will find you, and true friends will still love you.

### SAGITTARIUS *November 23 – December 22*

This week, decide what you want to do, and get on with it. The new moon gives you, more than anyone else, the motivation to make things happen, especially new start-ups or new ideas. They don't have to be big or groundbreaking, but what you set up now has a greater chance of turning out well. At work, skill and attention to detail will make you succeed.

### CAPRICORN *December 23 – January 20*

Your career's in the spotlight now as a new moon gives you a chance to start over where you are or seek new opportunities elsewhere. There's a need to work at something of value, not just for the money, so training or studying could help you find your life's purpose rather than let you survive the nine to five. An escape from routine could enhance your love life.

### AQUARIUS *January 21 – February 19*

You're trying to find clarity, and you're getting there. With mind planet Mercury still in reverse, you're not entirely sure of things, but you will be soon. This week's new moon gives you a heads up on an issue linked to overseas interests, a legal matter, education or your belief system. Money, power and passion become priorities now too.

### PISCES *February 20 – March 20*

Get to grips with issues connected to love and debt. Debt doesn't have to be about money – you could feel emotionally obligated to a lover or work partner. Fresh insights arrive this week on dealing with these scenarios, along with some life lessons on bettering relationships by improving the way you approach them. Your key word now? Boundaries.

### ARIES *March 21 – April 20*

The recent eclipse in your sign altered the way you view yourself, and this week's new moon looks at how you connect with others. Relationships get revitalised and, if single, you could meet a new love. Health is huge for you now. It's all about holistic wellbeing. Get started this week, and you'll soon achieve inner and outer fabulousness.

# And finally...



## **Bella Hadid is heading for the Olympics.**

Besides making a name for herself on catwalks across the world, Bella recently revealed she's set her sights on competing in three equestrian events (eventing, dressage and jumping) at the Olympic Games in Rio next year. "I have been riding since I could walk," she said. May she giddy-up to glory.



## **RICK OWENS WOULD LIKE WOMEN TO CARRY EACH OTHER. LITERALLY.**

If you needed further proof that everything in fashion has been done, look no further than Rick Owens' S/S16 show at Paris Fashion Week. In 11 of his 42 looks, Rick created human backpacks by harnessing one woman to another. Of his inspiration, Rick explains, "Women raising women, women becoming women and women supporting women – a world I can only attempt to amuse in my own small way." Yowza.



## **The must-have accessory of the season.**

If you buy one bag this summer, make it the pizza pouch. Because, as Stupidiotic (the company responsible for creating it) reasons, why shouldn't we be able to have access to a delicious slice of pizza wherever we are? Especially one we can keep close to our warm, cheese-loving hearts.



## **RITA ORA AND TRAVIS BARKER ARE DEFINITELY DATING.**

Rita, 24, apparently set her sights on the 39-year-old Blink 182 drummer after the pair met at the Power 106 All Star Basketball Game in LA last week. An insider revealed, "Rita sought him out and gave him her info. They've been together every day since." And Travis is smitten too. "He likes interesting women and she's beautiful." True enough.







**THE MARRIAGE PROPOSAL BAR HAS JUST BEEN RAISED.** Forget getting down on bended knee atop the Eiffel Tower... When it comes to popping the question, playing a pimped-out version of Monopoly is totally the way to go. Just ask Justin, a Redditor who goes by the name justinlebon26, who built a personalised Monopoly board from scratch and hid a diamond ring beneath a trapdoor for his GF, Michal, to find. Yes, yes, a thousand times yes! (Which is what she said.)



**Mbeu 'Snooze' Kambuwa will make you LOL.** As the winner of this year's Comedy Central *Grab The Mic* competition, Snooze completely killed onstage at Parker's Comedy and Jive, leaving seven other beginner comics in the dust. We think his bold ensemble might have had a little something to do with it too – because when you look good, you feel good. Big up!



**Serial is (kind of) being made into a TV series.** Instead of focussing on the murder of high-school student Hae Min Lee like the podcast does, Phil Lord and Chris Miller (the guys behind *The Lego Movie*) are developing a scripted series to reveal how much Sarah Koenig's life has changed since she produced *Serial* last year. Can't wait.



**WILLOW SMITH IS OFFICIALLY A MODEL NOW.** The 14-year-old daughter of Will and Jada Smith is the newest addition to The Society Management modelling agency's books. She'll be joining Kendall Jenner, Adriana Lima and Leonardo DiCaprio's ex Toni Garrn. The juniorification of the industry continues.

# GOODIE BAG

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**GOODIE BAG  
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R7 995**



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**SMS "KIEHL'S", YOUR NAME AND EMAIL ADDRESS TO 35402.** SMSes cost R1.50 per entry. The winner will be selected at random from all the entries received by the closing date. Lines close at midnight on Sunday October 18 2015. Entrants must live in South Africa. For terms and conditions, visit [Graziadaily.co.za](http://Graziadaily.co.za). **Winner of the LYDC giveaway in issue 167: Tina da Rocha**





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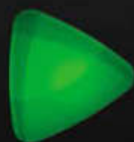
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